





CENSUS
2016

When you complete your 2016 Census, you're
providing information to help plan for hospitals,
schools, transit, parks and more for your community.

Complete your census online today.

census.gc.ca



Statistics
Canada Statistique
Canada

Canada



Winnipeg's Giveaway Weekend

May 14 & 15, 2016

Gather up all those reusable unwanted items taking up space in your home (e.g., books, toys, furniture, tools, sporting goods, electronics, kitchen gadgets, clothing). Place 'FREE' stickers on each item, and put them at the curb on your front street.

Everyone is invited to cruise the curbs and shop for FREE!

Please remove leftover items from the curb by dusk on Sunday.

Visit winnipeg.ca/giveawayweekend or call 311.



Winnipeg metro

Your essential daily news | TUESDAY, MAY 10, 2016

High 17°C/Low 11°C Rain

INSIDE FORT MCMURRAY

■ Pilot breaks the rules to save pets

■ Firefighters bond on the front lines

■ Tour reveals the many saved homes

metroNEWS



More evacuations by border

Man. cottage country blaze is expanding

 **Braeden Jones**
Metro | Winnipeg

Raging wildfires continued Monday to force the evacuation of cottages near the Manitoba-Ontario border.

Winds are continuing to drive wildfires northeast of Caddy Lake

and around the Nopiming Provincial Park, said the province.

Reports count the number of evacuated cottages at more than 100, and there are camps in the line of fire starting to feel the heat, too.

Janet DeSousa, chairperson for the Caddy Lake Girl Guide Camp, said she's been informed camp staff "aren't allowed to be in the area."

"We're affected but so far haven't had any damage (to the camp)," she said, adding she heard the fire had gotten closer and was within three kilometres of Caddy Lake.

The camp's organizing committee and volunteers were due to start setting it up for the summer starting next week, which has DeSousa hoping for something to turn the tides. "We're going to trust that the firefighters that are out there are doing what they can. We're very appreciative for them," she said.

"We are hoping that the rain that's forecasted will come and Mother Nature will help them out."

Of the 50 cottages conservation officers evacuated, DeSousa said "about eight families definitely live

there year-round."

Both fires have grown considerably since last week, said the province, with the fire northeast of Caddy Lake now raging over about 2,800 hectares — a dramatic increase from Friday when it covered 700 hectares.

The fire in Nopiming Provincial Park now spans 50,000 hectares.

The Beresford Lake cottage subdivision is being evacuated and sprinkler protection has been deployed, as well as about 100 officials, 30 Manitoba firefighters, nine water bombers and four helicopters.



GET IT ON THE GO

Our most popular selection of wines, spirits and beers is conveniently located at the places you already visit.

EIGHT WINNIPEG LOCATIONS

920 JEFFERSON AVE
Located in Safeway

7 REENDERS DRIVE
Located in Sobeys

1385 Sargent Ave
Located in Superstore

1035 GATEWAY RD
Located in Superstore

2155 PEMBINA HWY
Located in Safeway

6640 ROBLIN BLVD
Next to Extra Foods

JAMES RICHARDSON
INTERNATIONAL AIRPORT
Arrival area

215 ST. ANNE'S RD
Located in Superstore



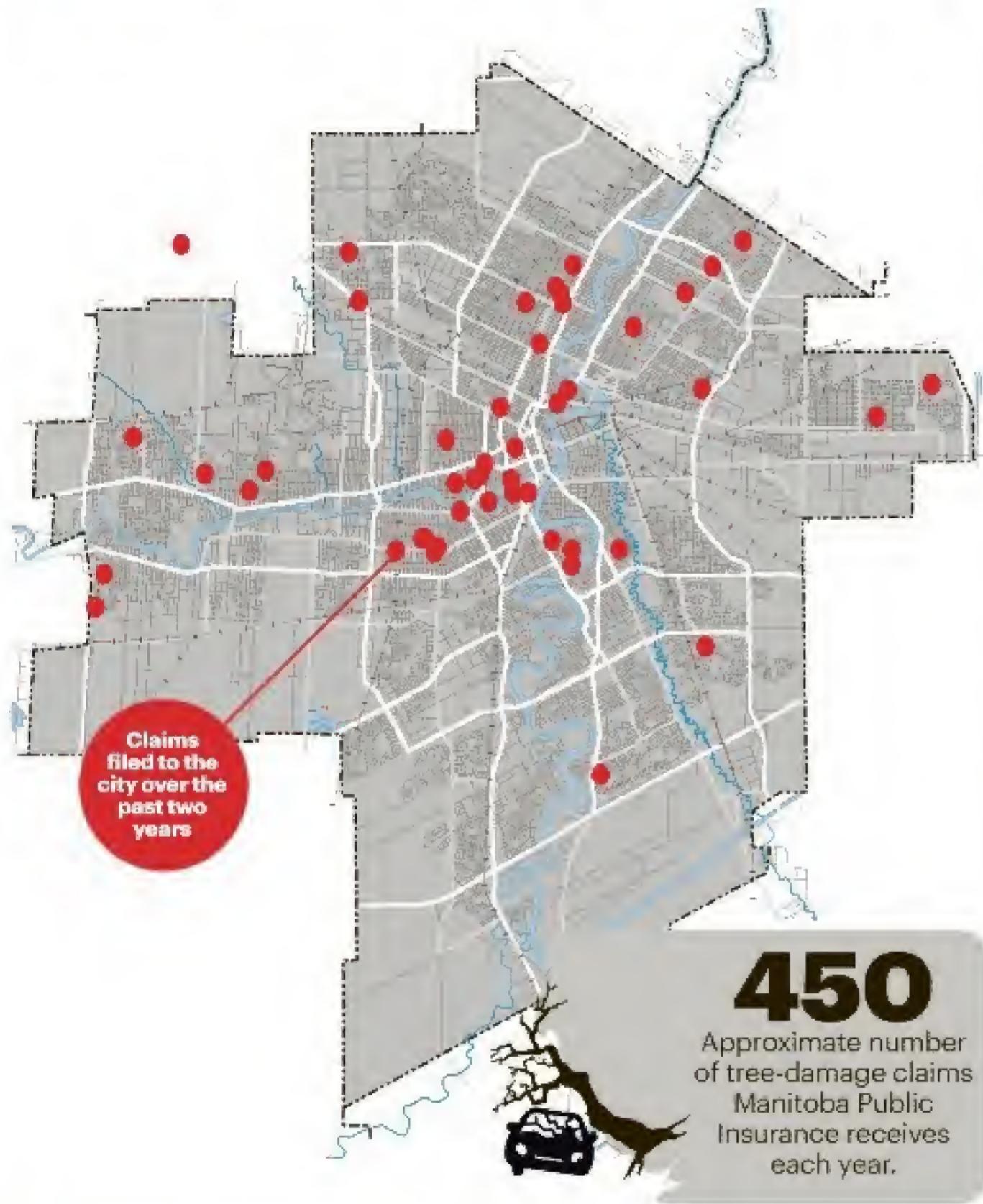
LIQUOR MART
express

**Trademarks of AIR MILES International Trading B.V. used under license by LoyaltyOne, Co. and Manitoba Liquor and Lotteries Corporation.

MANITOBA
LIQUOR & LOTTERIES

ENJOY RESPONSIBLY

Tree claims rarely successful



CAR DAMAGE

Only one claimant out of 48 was reimbursed

 **Stephanie Taylor**
Metro | Winnipeg

Owners who go to the city for cash after their car is damaged from falling branches are barking up the wrong tree.

Records show that from January 2014 to January 2016, the city received 48 claims, alleging parts of city-owned trees had fallen onto vehicles.

Of those claims filed, only one resulted in the city paying up.

A list provided to Metro under freedom of information legislation shows in the two-year period, the city paid \$756.50 after part of an elm tree toppled onto a vehicle on Smithfield Avenue, according to the claim dated Oct. 3, 2014.

The majority of claims filed specified fallen branches as the main cause of damage.

Others included a complaint that overgrown city trees had broken a Hydro pole, and several unsuccessful attempts to have drivers' Manitoba Public Insurance deductibles reimbursed.

At least one unlucky person wanted the city to pay after saying tree branches fell

“Let’s just say a City of Winnipeg worker was up pruning the tree, and they dropped a branch on your vehicle, that’s completely different.” Brian Smiley

onto a street lamp, knocking the bulb and frame onto a vehicle, according to a claim filed July 5, 2015.

Brian Smiley, a spokesperson with Manitoba Public Insurance (MPI), said the relatively small number of claims filed with the city reflects that more often than not, drivers are choosing to

\$756.50

The payout of the one successful claim against the city for tree damage to a car in the past two years.

3,000 - Number of trees Winnipeg plans to plant this year in its urban reforestation program

25 - Number of neighbourhoods where the city plans to prune trees this year

45 - Number of Winnipeg parks scheduled for tree pruning in 2016

deal with the auto insurer.

Each year, MPI receives about 450 claims for vehicle damage caused by fallen trees or branches, he says.

Smiley couldn’t surmise as to why drivers might choose to deal with a claim directly with the city, rather than MPI, which the city also recommends on its website.

He said it is not the insurer’s policy to direct drivers to file a claim with the city, citing standard procedure which suggests drivers contact MPI, and then have their vehicle inspected for an estimate of damage, and pay their deductible.

However, Smiley said exceptions would be made if the insurer found the city to be negligent, and it could then attempt to recover costs.

“Let’s just say a City of Winnipeg worker was up pruning the tree, and they dropped a branch on your vehicle, that’s completely different.”

“Negligence has to be proven though,” he said.

Smiley said data on how often MPI has taken action against the city was not available by Metro’s deadline.

“It would be a handful, if any, to be really honest with you,” he said.

\$500 SCHOLARSHIP FOR THE HEALTH CARE AIDE PROGRAM

Train for a rewarding career as a Health Care Aide with a tuition boost! Apply today and you could qualify for a \$500 scholarship.* Classes start soon!

1.800.360.7186 / STUDYHCA.CDICOLLEGE.CA

ACCOUNTING & PAYROLL ADMINISTRATOR | GRAPHIC DESIGN
MEDICAL OFFICE ASSISTANT | AND MORE!

Financial assistance may be available to qualified applicants. *Certain restrictions apply. Contact campus for info.



CD college

Fort Gibraltar's Lego love note

MY OWN CREATION

Photographer recreates iconic local landmark

 **Braeden Jones**
Metro | Winnipeg

Brick by plastic brick, a Winnipeg photographer has re-created Fort Gibraltar with Lego.

The iconic fences, pathways, buildings, interiors and even the fort's re-enactors are featured in the Lego Fort Gibraltar Dan Harper built.

It took 6,340 pieces, and Harper estimates somewhere around 50 hours of brick-clicking building, but he says it was well worth it. "It's such an iconic Winnipeg thing."

Harper is the official photographer for Festival du Voyageur, among other Winnipeg-staples like the Canadian Museum for Human Rights, MTS Centre, and the Assiniboine Park Conservancy.

But capturing the fort in Lego rather than in pixels happened after he rediscovered his fondness for the plastic construction pieces when the city's Lego store opened in 2015.

"I was blown away," he said of the store, its pick-a-brick wall, and the endless building possibilities.

He built a Tundra Buggy last year, his first MOC (My

 **One of the reasons I love Lego is it's therapeutic.**
Dan Harper



Photographer Dan Harper's Lego creation of Fort Gibraltar is to scale, thanks to overhead photos he took by helicopter a few years ago. DANHARPERPHOTO.COM



Own Creation) Lego project, and caught the bug, so to speak.

"One of the reasons I love Lego is it's therapeutic," Harper said, comparing it to adult-

colouring. "You can never go wrong with Lego, it's such a positive thing."

He said he decided to make Fort Gibraltar, and has his sights set on future projects

+ DETAILS

What goes into making a Lego masterpiece?

6340 pieces used
More than Lego's largest set, the Taj Mahal

\$2,000
Estimated cost to create Lego Fort Gibraltar

50 hours
Approximate build time, over 2.5 months

like the Winnipeg skyline and perhaps even the CMHR, because he "wanted to show people Winnipeg is so amazing."

A number of years ago Harper chartered a helicopter to take birds-eye photographs of the city he loves. Photos from that excursion helped him get Fort Gibraltar just right.

"I worked it out on a grid pattern to be perfectly to scale," he said, noting the buildings are a bit bigger than his scale to control cost.

During the process, he learned that the path — often strode upon and overlooked — "is really an iconic visual element."

"It's weird, you don't think of it, but if you don't have the path, it's like a jigsaw puzzle missing 30 per cent of its pieces," he said. "It's hugely important."

Lego Fort Gibraltar will be displayed in the real Fort Gibraltar from May 16 to August 28, as well as in the big house for Festival du Voyageur in 2017.

"So during the summer people can visit the fort and get a guided tour and then see my model," Harper said.

**Eyetech
LASIK+ clinic**

**BOOK YOUR FREE
CONSULTATION TODAY!
204-946-5595**

**234 Portage Ave.
Winnipeg**

"THE BEST TECHNOLOGY FOR YOUR BEST VISION"

**The Most Advanced Custom Wavefront
Correction For All Distance Corrections
&
Presbyond* Laser Blended Vision Correction
Exclusively For Distance & Reading**

***Available only at Eyetech clinic**



**A clinic like no other
For LASIK & service**



Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.



CULTURE

Regulations for city's street musicians 'just common sense'

Stephanie Taylor
Metro | Winnipeg

A committee has given the OK for the City of Winnipeg to study establishing some ground rules for buskers to play by.

Monday's meeting of the protection, community services and parks committee unanimously approved a request made by a local musician to have city staff write a bylaw, or what he says could be a set of simple guidelines, for street performers.

"It's already happening,"

Lee Raito said of busking around the city.

"If we just have good guidelines, musicians coming through the city would know what to do."

Rules could be as straightforward as allowing busking in any public space, so long as performers do not obstruct walkways, or could force people off of sidewalks, he said.

"You don't want to be on a street corner to have a big crowd gathering where people might have to step into the street and be at danger," said Raito.

"It's just common sense. Don't busk by an ATM."

Raito's request submitted to Monday's committee included the mention of cities,

such as Kenora and Edmonton, which have similar rules already in place.

Although the origin of his idea stems from two instances of local buskers being issued tickets for panhandling, Raito says it is more about encouraging talent to take to Winnipeg's streets.

"Robin Williams started out as a mime. Rod Stewart started out singing on the street. Winnipeg has produced so many amazing artists, we are a culturally music, arts-friendly city," he said.

"We should be encouraging people to get out and perform."

We should be encouraging people to get out and perform.

Lee Raito

culturally music, arts-friendly city," he said.

"We should be encouraging people to get out and perform."

City staff have been tasked to return with a report on the matter in 120 days.

MARIJUANA

Committee waits on city staff for report on pot protocols

A city committee is preparing to hear how Winnipeg should regulate its pot businesses.

City staff are expected to present an update to the committee that deals with property and development Tuesday about the ways other Canadian cities have introduced rules for cannabis dispensaries and head shops.

Couns. Ross Eadie and Matt Allard appeared before council last fall with a motion asking that city staff look at establishing new regulations since our city lacks

power in its current by-laws to deal with where cannabis-related businesses can set up shop.

The motion made the case that peoples' perspectives around pot usage are changing, and medical marijuana users continued to fight for their rights to use the drug.

The city's police chief says preparations are also underway within the force to deal with the pending legalization.

"We have to look at how we will assess whether a person is

impaired by those measures, so there's lots of steps that are ongoing right now, so police are definitely gearing up for that," he said.

That means additional training for officers, and purchasing of new equipment, such as breathalyzers.

"Much of this again ties back to budgeting," Clunis said.

The federal Liberals' have promised to introduce pot legalization legislation in 2017.

STEPHANIE TAYLOR/METRO



Lee Raito says the city should have simple guidelines for buskers. STEPHANIE TAYLOR/METRO

Committee wants rules for buskers

Red tape frustrates group

KILCONA PARK

Dog club calls for reforms to Sponsor Winnipeg

Stephanie Taylor
Metro | Winnipeg

A non-profit wanting to improve a North Kildonan dog park says it's frustrated with being "micromanaged" under the City of Winnipeg's corporate sponsorship program.

Donna Henry, president of the Kilcona Park Dog Club (KPDC), appeared as a delegate before Monday's committee on protection, community services and parks, calling for reforms to Sponsor Winnipeg, after what she criticizes as an obstructive handling of the group's efforts to bring new infrastructure to Kilcona Park.

The club says it's designated as official steward of the park under the Adopt-A-Park pro-



Donna Henry, of Kilcona Park Dog Club, appears before Monday's committee on protection, community services and parks.

STEPHANIE TAYLOR/METRO

gram.

Henry says a simple pilot project to install six doggy bag dispensaries came to an "abrupt halt" in 2015 once the civic sponsorship program became involved.

"The pilot project became hopelessly mired in bureaucratic red tape, bogged down in excessively bureaucratic and un-

reasonable demands regarding sponsor recognition signs," Henry read from a statement to Monday's committee.

She says the total budget for the project was a mere \$1,900, which included a donation of \$475 from Royal LePage that should have been "off the radar."

"KPCD rejects the notion

that community groups need to be micromanaged by Sponsor Winnipeg."

Henry also voiced concerns over an unresolved lease agreement with the city, which she says is preventing progress to install a series of new water features in the park, including a drinking fountain for dogs and people, as well as doggy splash pad.

Finalizing a lease agreement is required to move forward with the project, which could have seen work on the drinking fountain begin this summer, she said.

Henry says because of the unknown timeline on the lease, they had to tell an interested sponsor to hold off on funds until the fall.

"We need those decisions to be made this spring. We need a decision on the lease agreement right now," Henry said. "Since the whole bag dispenser thing... people are saying, 'You know maybe there's something else that I should be funding in my community.'

instead. This is going nowhere."

Michael Jack, the city's chief operating officer, defended the public administration, explaining there is a complicated process required to approve the lease due to the fact Kilcona Park is city-owned property. "It is that accountability that is the issue," Jack said.

He added that six city departments are involved in the lease agreement process.

Monday's committee approved a request by Jack to extend a comprehensive review of Sponsor Winnipeg by 180 days.

The committee also asked to hear an update on the status of the lease agreement with the club at next month's meeting.

KOREAN WAR

City may mark date

The City of Winnipeg is considering renaming a St. James-area park to honour the 65th anniversary of the battle of Kapyong.

Amherst Park, located along Ness Avenue in between Amherst and Sackville Streets, could be changed to Kapyong Park, commemorating the historic battle fought in the Korean War by members of the Manitoba-based second battalion of Princess Patricia's Canadian Light Infantry. Coun. Scott Gillingham said there are three veterans from the war currently living in Manitoba. METRO

CENSUS
2016

YOUR CENSUS. YOUR PARKS.
Complete your census online today.

census.gc.ca

Statistics Canada
Statistique Canada

Canada

"If you liked GONE GIRL and THE GIRL ON THE TRAIN, you might want to pick up THE WIDOW... ENGROSSING. SUSPENSEFUL."

-STEPHEN KING

ONLY \$15*
at Indigo, Chapters,
Coles and indigo.ca

**Loving husband... or heartless killer?
SHE WOULD KNOW, WOULDN'T SHE?**

Indigo Chapters Coles indigo.ca

#THEWIDOW

Penguin Random House Canada

*Offer valid in-store and online from April 25 until May 22, 2016, while quantities last. Offer not valid in conjunction with any other offer or promotion. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

Counterfeit cash seized by police

CRIME

28-year-old man allegedly behind fake bills arrested

The Winnipeg Police Service (WPS) has nabbed the man allegedly behind the production of counterfeit money circulated this spring.

Police said they received "unusually high volumes of reports regarding counterfeit currency being tendered at local businesses" in April and the beginning of May.

A 28-year-old male was identified as a suspect, and police tracked him down after he was arrested on an unrelated matter.

When he was arrested, police recovered \$1,800 worth of counterfeit Canadian currency.

The man, who has not been named by police, faces numerous charges in relation to the "possession, use and making of counterfeit currency," and was

\$1,800

Amount of counterfeit Canadian currency recovered by police

remanded into custody.

Police Cst. Jason Michalyshen said the WPS is thankful for diligent citizens reporting the bills, "because without those reports, we don't know what's taking place."

He emphasized that continued diligence from the public will help police catch future counterfeiters and prevent the notes from circulating.

"We've seized a lot of counterfeit currency but we don't want members of the public to let their guard down," Michalyshen said, adding refusing the bill and reporting the incident is always an option.

METRO

BE ALERT

Security features to look for in Canadian currency are:

- Raised (intaglio) printing that can be felt.
- The polymer bills display a metallic portrait and building as well as transparent text within the clear window.
- There is no consistency to the serial numbers and, therefore, no list that can be used for identification.

For more, visit bankofcanada.ca/en/banknotes. WINNIPEG POLICE SERVICE

CELEBRATE INDIGENOUS MUSIC CONCERT

FRIDAY, MAY 20, 2016
CLUB REGENT EVENT CENTRE

FEATURING PERFORMANCES BY:

SUSAN AGLUKARK **WILLIAM PRINCE**
DEE ERIN BAND **RHONDA HEAD**
TWIN FLAMES **RESCUED BY DRAGONFLYZ**
FAWN WOOD **STONEY PARK SINGERS**

MANITOBA LIQUOR & LOTTERIES

MANITOBA LIQUOR & LOTTERIES

MANITOAHBEE.COM

Ignite Your Spirit



TICKETS AT ticketmaster.ca



*Offer valid in-store and online from April 25 until May 22, 2016, while quantities last. Offer not valid in conjunction with any other offer or promotion. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

Deputy chief also retiring

POLICE

Dave Thorne's announcement follows chief's exit intentions

Braeden Jones
Metro | Winnipeg

Winnipeg Police Service's Deputy Chief Dave Thorne announced his retirement Monday just two months after Winnipeg's chief of police announced his own retirement.

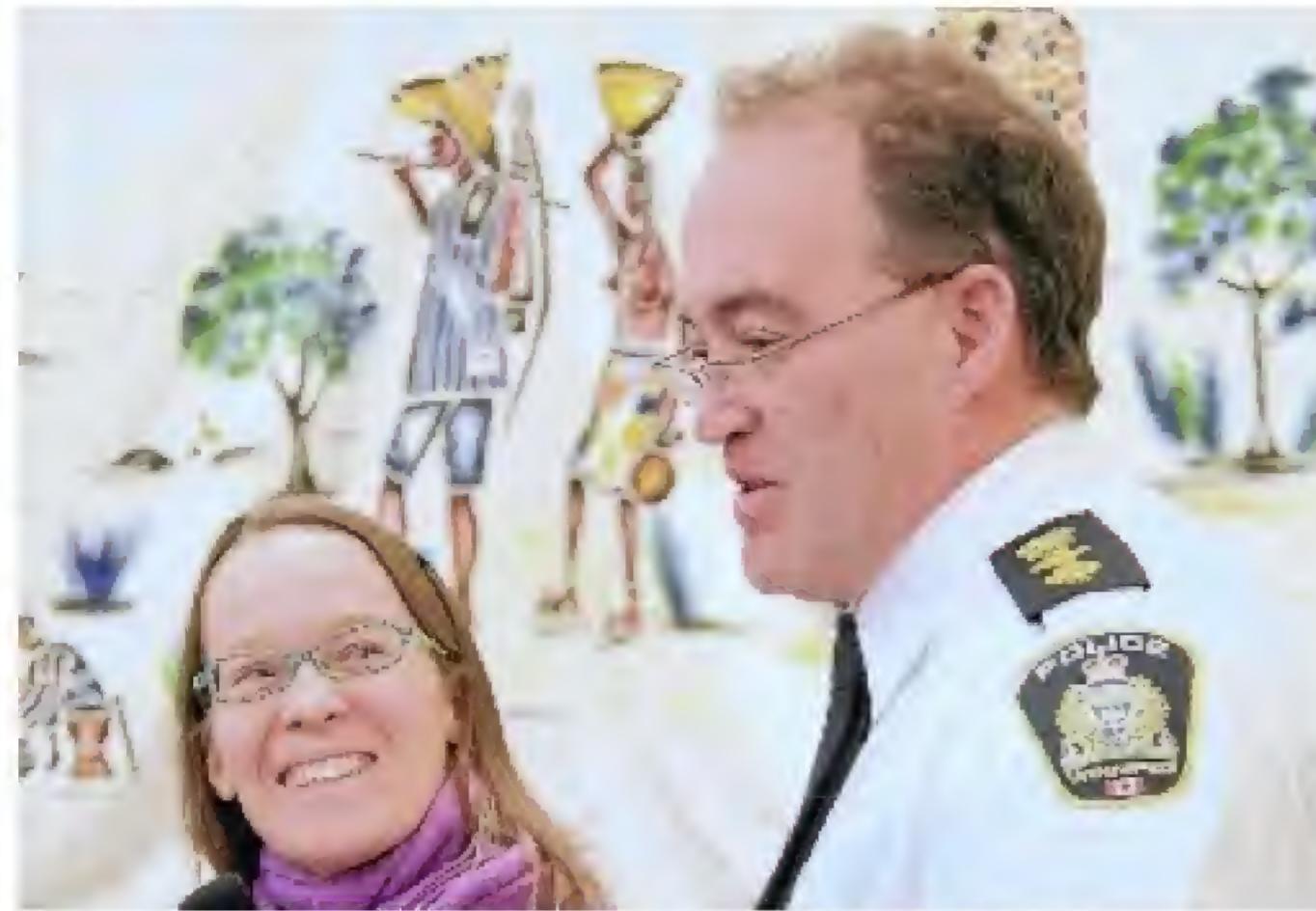
Thorne's career with the WPS began in 1981 and saw him climb the ranks steadily throughout while working in many different policing areas.

Thorne spent time investigating commercial crime, robbery, child abuse, and homicide.

He was also a forensic polygraph examiner, and worked with the "integrated proceeds of crime" unit as a team leader and the financial co-ordinator for a covert storefront

.

money laundering operation.



Deputy WPS boss Dave Thorne speaks at a newcomer's dinner in 2013. METRO FILE

in November 2013.

Coun. Scott Gillingham, chair of the police board, said Thorne was the first WPS executive member to work with

the board when it was formed three years ago.

Gillingham said he was a

"strong catalyst in the collective impact approach in policing in Winnipeg."

"From what I've seen in his work with the community partners, I think that they will miss him," Gillingham said.

Thorne's decision to retire comes just two months after Winnipeg's chief of police Devon Clunis announced his intention to retire in July.

Gillingham said it doesn't change the recruitment process in any way, as the board only appoints the chief, who in turn appoints his own deputies.

"The chief has the sole authority to identify and promote his or her executive," Gillingham explained.

However whether it is the current or the next chief of police that will appoint the next deputy chief is something Gillingham said the board will be keen to discuss with Clunis.

"The board will be very interested in having a discussion with (him) about what the best way forward is," Gillingham said.

ROADS

Biker dead in collision

RCMP say a man is dead after an unfortunate collision near Ashville, Man.

Dauphin RCMP said a group of people riding their motorcycles were heading down Highway 10 Sunday just after midnight when the lead motorcycle noticed two deer on the shoulder. The man slowed his bike down in case the deer bolted across the road.

However, the man behind him did not slow down in time and slammed into the lead motorcycle. The remaining motorcycles were able to avoid collision.

RCMP said the driver of the lead motorcycle, a 21-year-old Ochre River man and his passenger, a Dauphin woman, 21, were taken to hospital.

However, the driver of the rear motorcycle, a 48-year-old Dauphin man, died at the scene.

Everyone was wearing helmets, said RCMP, but speed and alcohol are considered factors in the collision. METRO

CENSUS 2016

YOUR CENSUS. YOUR HOSPITALS.

Complete your census online today.

census.gc.ca

Statistics Canada Statistique Canada

Canada

**HARSHER PENALTIES FOR TRANSIT ASSAULTS**

Winnipeg Transit will be rolling out a new awareness campaign to remind the public about changes to the Criminal Code of Canada (Bill S-221) which aims to further protect public transit operators. Under the new law, threatening or assaulting a transit operator shall be considered an aggravating offence by the court when imposing a sentence for the offence.

Bill S-221 amended the Criminal Code to create a new aggravating factor for the purpose of sentencing offenders convicted of five specific offences and where the victim was at the time of the offence, a public transit operator engaged in the performance of his or her duty. The five specific Criminal Code offences include:

- Uttering threats
- Assault
- Assault with a weapon or causing bodily harm
- Aggravated assault
- Unlawfully causing bodily harm

The "Your Next Stop" campaign features a photo of a jail cell with the following line, "Assaulting a bus driver could make this your next stop." The campaign will be seen on buses, transit shelters and benches.

PARK AND RIDE... AND RELAX!

Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience, plus, save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

Assaulting a bus driver could make this your next stop.

There's a new law in the Criminal Code of Canada. Threatening or assaulting a transit operator could now result in more serious criminal charges and longer jail terms.



winnipegtransit.com

**BUILDINGS****Notley: 90% of city saved**

Alberta Premier Rachel Notley says the "ocean of fire" that hit Fort McMurray burned about 10 per cent of the buildings, but the hard work of firefighters saved the bulk of the city so it can be rebuilt.

"The fast action and the hard work and the dedication and the smarts of these first responders has, it appears, saved almost 90 per cent of the city of Fort McMurray," she said Monday after a ground tour of the devastation.

All 80,000 residents ordered out last Tuesday will have to wait at least two weeks to hear when they might be allowed to return.

Regional fire Chief Darby Allen said the speed and rapid growth of last week's wildfire was unprecedented.

"I truly believe nothing else could have been done that wasn't done to protect the people and the structures within our city," said Allen. "They're rewriting their formulas on how fires behave based on this fire."

Notley said 2,400 buildings were torched, but 25,000 were saved, including the hospital, municipal buildings and schools.

Much of the downtown and the water treatment plant are also intact.

"This city will emerge from this emergency with real structural resiliency with most of its critical infrastructure saved," said Notley.

"This city was surrounded by an ocean of fire only a few days ago, but Fort McMurray and the surrounding communities have been saved and they will be rebuilt."

But Notley reiterated that the community is not yet safe for people to return.

THE CANADIAN PRESS



Destroyed trucks sit in a Fort McMurray neighbourhood on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Fellowship on the front lines**EMERGENCY RESPONSE****Firefighters describe 'small victories' amid exhaustion**

 **Lucie Edwardson**
Metro | Calgary

Dave Stirling and the other men of the ladder 4 Fort McMurray fire crew have been battling the wildfire since last Tuesday.

The wildfire has displaced nearly 88,000 people and has been estimated to cover upwards of 110,000 hectares — destroying the homes of thousands.

Stirling said it's a feeling of camaraderie that's motivating the crews, who are running on little sleep and have seen a lot of the city they love reduced to rubble.

"Just feeling tired," he said.

"The sense of community and seeing all the brothers and sisters work together up here eases the pain."

Stirling said their sense of duty is propelling them during the hardest battle of their careers.

"We're doing what we love. We didn't choose this profession because of glory or fame," he said. "It's not just a job or a career, it's a life choice and everyone up here is doing what they in their hearts want to do — serve and protect."

As the fire continues to grow, Stirling said those on the front lines are doing what they can to keep motivated.

"We're just finding small victories and staying positive with the brothers and sisters all working together," he said. "It's s—y, but there's no sense dwelling on it. We all know it's an uphill battle, but we have a job to do."

As firefighters from other cities, provinces and even countries have arrived to help, Stirling said

it's highlighted the fraternal nature of the brigade.

"Having the brothers and sisters fighting alongside us from all over is a huge support and means the world to us," he said. "We can't thank them enough for the sacrifices they're making for us."

"It's a part of the firefighting brotherhood — it's a huge worldwide family," he added. "It's too bad it takes an emergency like this for everyone outside of our community to see that."

Austen Tanney, a firefighter from High River, described the fire as "desperate," but said things are beginning to look up.

"The conditions are improving with visibility increasing but the winds have increased fanning the fire further east," he said. "I'm just proud of our province in coming together and I'm thankful for the opportunity to be here making a difference on the front line."

Now Leasing

519 Burnell Street

Newly Renovated Suites
Starting from \$795

Contact 204.960.9454
or 204.982.7988

ASH MANAGEMENT GROUP INC.

metro

**Tell us
how you
really feel.**

Join our online reader panel and help make your Metro even better.

metronews.ca/panel

The cruel randomness of fire

DAMAGE

School stands amid gutted homes in one neighbourhood

Ryan Tumilty
Metro | Edmonton

Inside Fort McMurray, the raw cruelty that last week's fire wielded, forcing 88,000 people to flee, is front and centre.

But the cruel randomness of it all is also on display.

In Abasand, one of the most badly burned neighbourhoods, the Ecole Boreal and its swing sets and playgrounds sit empty and undamaged, as if waiting for children to come back.

All around the school are homes reduced to empty shells: stoves and BBQs just barely recognizable and at one foundation,



a charred skeleton of a bike securely chained at another.

The school stands but the walls, bedrooms, roofs of houses — the very places the school's children lived — are gone.

The school wasn't alone in surviving despite its surroundings: Many homes in the neighbourhood were spared, often just across the street from another that was destroyed.

On a media tour of Fort McMurray Monday, reporters from around the world witnessed first-hand how the massive blaze, which continues to grow outside the city, has gutted a community.

If the damage in Abasand is arbitrary, in Beacon Hill it is complete.

The sign entering the community stands, and so do its bus stations, but row upon row of



A burned-out barbecue is shown in the Abasand neighbourhood of Fort McMurray on Monday.
JONATHAN HAYWARD/THE CANADIAN PRESS

homes have only their basements remaining. The cars are torched, tires melted. Only the sidewalks and the driveways give hint at what was here before.

Fire Chief Darby Allen said the random homes that were saved were the result of hard

work by firefighters.

"It was specific firefighter operations internally that stopped the spread of the fire," he said.

But in Beacon Hill, he said, they simply didn't have time.

His Birmingham accent might suggest otherwise, but

Allen has called Fort McMurray home since 2009 and has been its fire chief for the last three and a half years.

Knowing his neighbours would be seeing the tragedy unfold on newscasts, Allen was stoic on the media tour and sent a message to the evacuees

Fort McMurray is still alive. We are here. We are ready for the future.

Fire Chief Darby Allen

across the province.

"Fort McMurray is still alive. We are here. We are ready for the future," he said.

Even as he guided the media tour, Allen said he didn't want the spotlight to fall on him, refusing even to say the word "hero."

"I don't want this to be about that H word and Darby Allen," he said.

Allen said the real heroes of the community were the men and women on the front lines, including one local firefighter who found himself in a losing battle to save his own home.

Allen said when hope was lost for his house he didn't stop.

"He didn't drop his nozzle. He moved to his neighbour's house."

YOUR CENSUS. YOUR SCHOOLS.
Complete your census online today.

CENSUS 2016

census.gc.ca

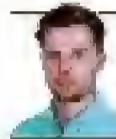
Statistics Canada Statistique Canada

Canada

Pilot breaks rules for pets

RESCUE

Many residents barred from re-entering city to get pets

 **Jeremy Simes**
For Metro | Calgary

Pilot Keith Mann didn't think twice to break the rules and load his plane with more than 40 furry friends, after they spent a few days north of the fire-ravaged Fort McMurray.

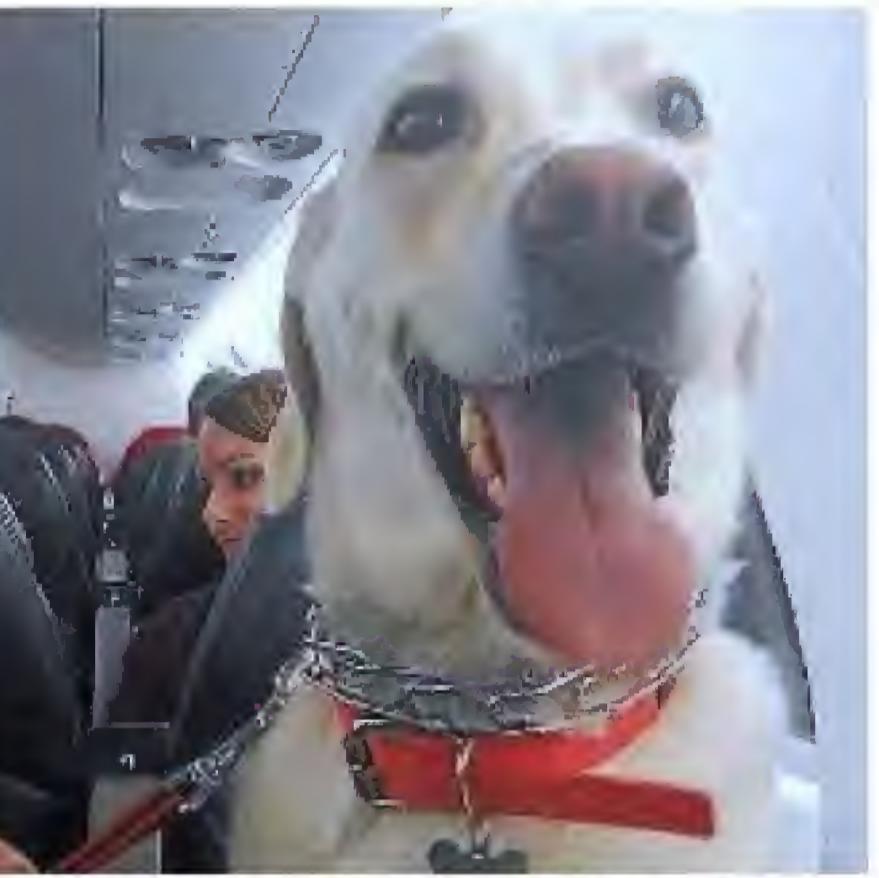
More than 80,000 Fort McMurray residents were ordered to flee on Tuesday, leaving many without their pets as they were barred from re-entering the city due to the advancing wildfire.

Since then, owners and their fur babies have begun to re-unite through ongoing animal rescue efforts after the flames subsided.

Mann, Suncor Energy's manager of flight operations, said it just made sense to fly his load of critters down south



Pauline Gebbie holds a hedgehog during the massive animal expedition. COURTESY KEITH MANN



This pooch had his own seat during the flight to Edmonton. COURTESY KEITH MANN

after they sought refuge north of Fort McMurray.

"We're all animal lovers here," Mann said. "We knew it was important for owners to re-connect with them."

But that policy just didn't make sense given the circumstances, so he made the executive decision to load them all up. "I just said, 'No, let's do this,'" Mann said.

Normally, Suncor planes only allow a few animals on a plane per trip, and they must be secured in a kennel, Mann said.

Once every critter and human was secured, the aircraft took off in what Mann described as a relatively peaceful flight.

HOUSING

Evacuees get special terms

 **Helen Pike**
Metro | Calgary

Landlords in Calgary are stepping up for a possible influx of evacuees.

According to the Calgary Residential Rental Association landlords are looking for ways to welcome new tenants, even if it's for a short period of time.

Gerry Baxter, executive director of the association, said Calgary's rental market can handle the influx, and many of his members are already stepping up to help.

Baxter said some are offering two months free rent, others in Calgary and Edmonton are waiving or minimizing their damage deposit fees, getting rid of lease break fee clauses, three to five day stays and even month to month stays.

Normally, Baxter said, it's not beneficial to have people staying for short stays, but many landlords understand the need and want to help people out.

had no idea if his dad was safe, so he posted on Facebook that Ken was missing.

Outside Ken's driveway, hollering at him to come down and escape. But they also had to flee.

Normally, Baxter said, it's not beneficial to have people staying for short stays, but many landlords understand the need and want to help people out.

While we were fleeing, I called my dad and said, 'Dad, get out now. Get out now,'" Hasad recalled, adding his father has a form of dementia.

"He was like, 'No one has evacuated us.' And I was like, 'I can't come back downtown because they won't let me in.'

At that point, Dion said he

had no idea if his dad was safe, so he posted on Facebook that Ken was missing.

Dion then called a friend in the area to pick Ken up and drive him to Cold Lake.

"That's where panic kicked in," he said. "I can't find my dad, and I don't know if he's being

It wasn't until the very last moment that Ken hopped in his old pickup and left for Anzac, after noticing the city was in serious trouble.

Dion's friends also waited

for the power of lifestyle change in reducing the risk of disease.



DO YOU HAVE WHAT IT TAKES TO BE ONE OF OUR FOOD CHAMPIONS?



CANADIAN FOOD CHAMPIONSHIPS

July 22-24, 2016 | Edmonton, AB

Calling all chefs and home cooks from Winnipeg—apply as a Wild Card competitor today at canadianfoodchampionships.ca

Categories include: Burger | Bacon | Seafood | Sandwich | Steak | Dessert





presented by Manitoba Liquor & Lotteries

commit to get fit run the wellness institute

Sunday, June 5 \$25

MRA Member: \$20
Children (14 & under): \$15

Commit to walk or run ...
for the power of lifestyle change in reducing the risk of disease.

An MRA Race Series Event

Registration closes June 4 at 7:00pm.
Register or get a registration form at our website.

committogetfitrun.ca

presenting sponsor

MANITOBA LIQUOR & LOTTERIES

MORRISON

Wawanesa Insurance

Eddie's

MMOTO

World of Water

KKP

Father, son reunite after fleeing flames

MISSING

Fort McMurray man feared dad trapped in city's rubble

 **Jeremy Simes**
For Metro | Calgary

Two days after the Fort McMurray wildfire destroyed much of the city, Dion Hasad had no idea if his dad, Ken, was still trapped among the rubble.

"While we were fleeing, I called my dad and said, 'Dad, get out now. Get out now,'" Hasad recalled, adding his father has a form of dementia.

"He was like, 'No one has evacuated us.' And I was like, 'I can't come back downtown because they won't let me in.'

At that point, Dion said he

had no idea if his dad was safe, so he posted on Facebook that Ken was missing.

Dion then called a friend in the area to pick Ken up and drive him to Cold Lake.

"That's where panic kicked in," he said. "I can't find my dad, and I don't know if he's being

It wasn't until the very last moment that Ken hopped in his old pickup and left for Anzac, after noticing the city was in serious trouble.

Dion's friends also waited

for the power of lifestyle change in reducing the risk of disease.

CENSUS 2016 YOUR CENSUS. YOUR TRANSIT.

Complete your census online today.

census.gc.ca



Statistics Canada **Statistique Canada**

Canada

INSURANCE

Extra agents sent in to handle claims

 **Brodie Thomas**
Metro | Calgary

At evacuee camps across Alberta — next to representatives from the Red Cross and Alberta Health Services — insurance agents are also setting up tables.

Bill Adams, regional vice president for the Insurance Bureau of Canada, said representatives from the IBC are set up at Lac la Biche and at Northlands in Edmonton. They are making plans to set up in Calgary this week.

Intact alone is estimating an after-tax net loss of \$130 to \$160 million.

Insurance companies have even been bringing in employees from other parts of Canada to help process the flood of claims they are expecting.

Adams' advice to anyone affected by the wildfires is simple — open a claim.

"You'll be in the queue," he said. "The longer you wait — the more difficult it's going to be."

He said insurers are trying to get a handle on the numbers, and they won't be able to really do that until they find out how many claims they are dealing with, and get in to assess the damage.

Some companies are going out of their way to start collecting that information. Intact Insurance, the largest home insurance company in Canada, said in a release Monday it has used satellite technology to assess homes that were a total loss.

Intact alone is estimating an after-tax net loss of \$130 to \$160 million.

IBC, on the other hand, isn't releasing any numbers until they can get adjusters in to see the damage.

Canadians on Panama Papers list

OFFSHORE FINANCE

Identities of those involved available - and searchable

The secret identities of the people behind more than 200,000 anonymous offshore entities found in the Panama Papers have been made public.

The International Consortium of Investigative Journalists, and its only Canadian partners, the Toronto Star and the Canadian Broadcasting Corp., have released a searchable database of the companies, trusts and foundations online.

The data comes from the controversial Panamanian law firm Mossack Fonseca, one of the biggest players in the grey zone of offshore financing. The information includes the names of directors, shareholders and beneficial owners — the real owners of a company, even though their names might not appear on the shareholder register — kept secret by confidentiality laws in tax havens. This is basic information that would be public if the corporations had been registered in more transparent jurisdictions.

The Panama Papers leak was originally received by the German newspaper *Suddeutsche Zeitung*. It shared the 11.5 mil-

lion documents with the ICIJ and select journalism partners under the understanding the material was of great public interest.

More than 400 journalists, including members from the *Guardian*, the *Miami Herald*, the *BBC* and *Le Monde*, worked together for months to investigate the secretive world of high finance and those working behind the scenes to enable crime and corruption.

Reports based on the documents quickly led to the resignation of Iceland's Prime Minister David Gunnlaugsson after it was revealed

he and his wife had set up a company in the British Virgin Islands that had holdings in Iceland's failed banks.

The database reveals the true owners and directors of the offshore firms, but does not include records of bank accounts and financial transactions, emails, passports, other correspondence and phone numbers, the ICIJ said.

The ICIJ said it was putting the information online "in the public interest" as "a careful release of basic corporate information" as it builds on an earlier database of offshore entities.

The ICIJ prefaced the data dump by noting that the appearance of particular persons and companies on the list doesn't imply wrongdoing. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

200,000

Anonymous offshore entities were involved in the Panama Papers. Their owners and directors have now been revealed.



From left, Rashid Hassan, Waida Hassan, Evin Bilel, Neda Bilel, Hamud Hawar and Mohammed Arous, all from Syria, pose for a portrait on the tracks of a railway station which was turned into a makeshift camp crowded by migrants and refugees at the northern Greek border point of Idomeni, Greece. GREGORIO BORGIA/THE ASSOCIATED PRESS

XENOPHOBIA

UN seeks to reframe refugee crisis

A new UN report aims to reframe the way many countries deal with refugees and migrants, creating a responsible and predictable international system to handle them at a time when their numbers are at the highest level since the world body began keeping track.

The report was written in preparation for a high-level meeting in the General Assembly on Sept. 19 to address the issue of large movements of refugees and migrants. That meeting will be followed by a summit organized by U.S. President Barack Obama, where world leaders will be asked to pledge money in response to the problem.

"One of the thoughts behind

Overwhelmingly the statistics show that refugees and migrants contribute (and) make a positive impact as soon as you put them to work.

Karen AbuZayd, UN special adviser

what we were doing was to change the narrative on refugees and migrants for the benefit not only of those on the move but for those who accept them."

AbuZayd points out that contrary to xenophobic rhetoric sparked by influxes of displaced peoples, migrants are often the most productive members of society.

"Overwhelmingly the statistics show that refugees and migrants

contribute to, make a positive impact as soon as you put them to work and it helps not only your country that has taken them in and it helps with the countries back home, too, because of the questions of remittances and things," AbuZayd explained.

The report recommends that UN member nations vote on two global compacts — one involving responsibility sharing for refugees, with countries asked to resettle at least 10 per cent of the global refugee population; and another compact strengthening global governance of migration. It also calls on the UN to lead a global campaign to counter xenophobia.

THE ASSOCIATED PRESS

FAST DENTURES

FULL SERVICE DENTURE CLINIC

Let us put a smile on your face

Room 702 Boyd Medical Centre (388 Portage Ave.)

204-947-1807

U.S. ELECTION

Party unity no worry for Trump

For Donald Trump, party unity is a good thing. But he's making clear he won't change his views or soften his rhetoric to get it.

"Look, I'm going to get millions and millions of votes more than the Republicans would have gotten" without me, Trump said.

In other words, get on board or get out of the way.

It's a risky calculation for a presumptive Republican nominee who this November will likely go up against Hillary Clinton, a seasoned campaigner who is faring well in the polls and has broad support across her party. But to Trump supporters like

adviser Paul Manafort, shrugging off hostility from party insiders is something Trump can afford to do.

"The important thing to remember is the national titular head of the party is the nominee of the Republican Party," Manafort said. Trump "just won that overwhelmingly, faster than anybody in Washington thought and running as an outsider against Washington. So, his agenda is the people's agenda."

Trump moved from presidential front runner to presumptive nominee last week when he crushed rival Ted Cruz in the In-



Donald Trump and New Jersey Gov. Chris Christie.

THE ASSOCIATED PRESS

diana primary, and Cruz dropped out of the race.

THE ASSOCIATED PRESS

Crop insurance sales up

AGRICULTURE

With risks on the incline, farmers protect their livelihood

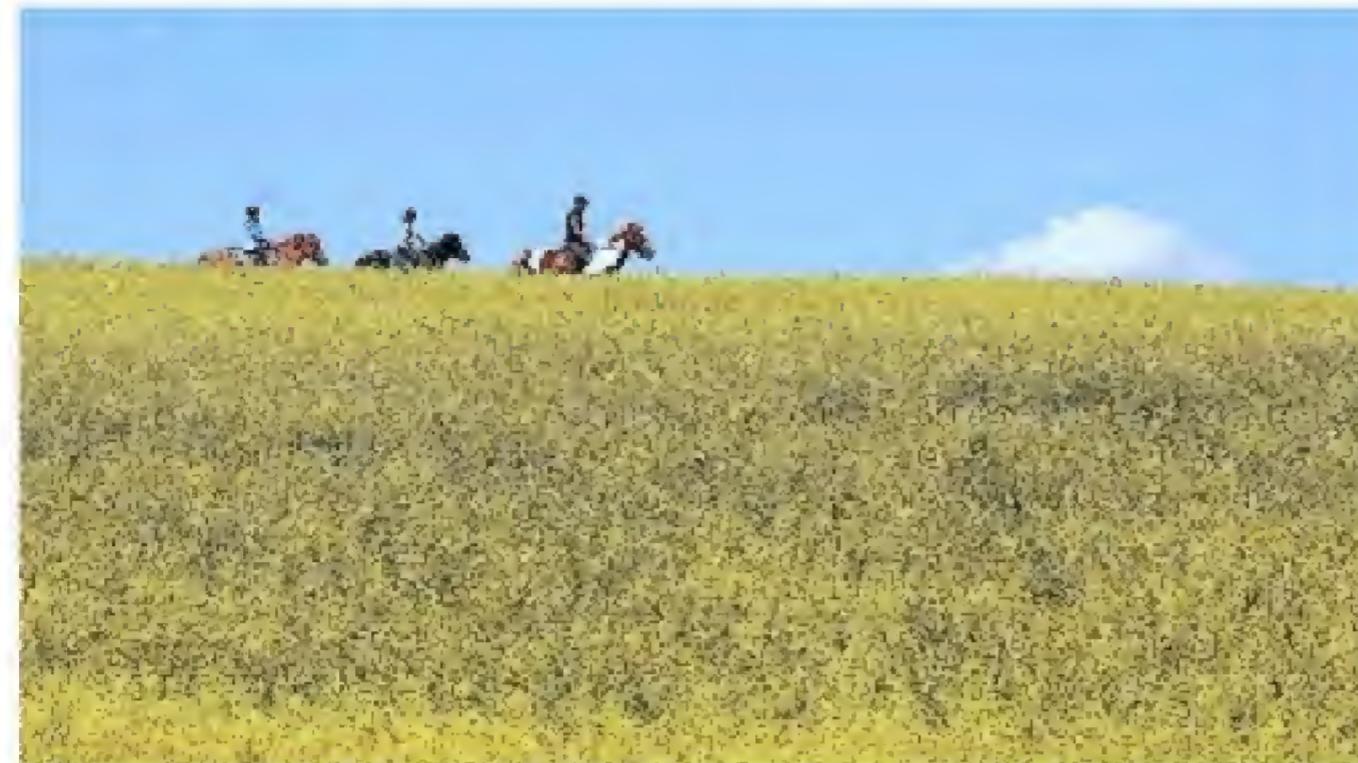
Kelly McIntyre has tilled the soils of northwestern Alberta for more than 30 years, but only this spring did he conclude that he needed crop insurance.

"There just seems to be increased risk, more risk all the time," says McIntyre, a wheat and canola farmer near Fairview in Alberta's Peace Country.

He says the rising cost of machinery, land, seed and fertilizer means he's putting more on the line every season, so he finally went for the extra security of the federal-provincial insurance.

"You've got to cover yourself so that you can grow a crop next year, if it happens to be a bad year."

He's one of the many Prairie farmers who have opted to start or increase their coverage this year as forecasts call for



A woman and two young girls ride horses through a canola field near Cremona, Alta., on July 16, 2013. Many prairie farmers are opting to start or increase their coverage this year as forecasts call for another dry growing season that puts the success of crops in doubt. THE CANADIAN PRESS

another arid growing season that is raising worries about the success of this year's harvest.

The tinder-dry spring has already contributed to the devastating wildfires that have consumed large swaths of Fort McMurray. Alberta also issued a special heat advisory as cen-

tury-old temperature records were broken.

McIntyre says he's normally fighting the moisture at this time of year with muddy tires and wet fields, but that's not the case now.

"We're seeding in conditions that are probably the driest I've

ever seen."

Stephen Vandervalk also took a look at this year's weather conditions and decided to bump up his crop insurance coverage to the highest level on offer — which covers up to 80 per cent of a farmer's losses — something he hasn't

You've got to cover yourself so that you can grow a crop next year.

Kelly McIntyre

done in years.

The crucial store of moisture in the soil is gone this year, leaving crops much more vulnerable than usual, says Vandervalk, a grain farmer near Fort Macleod in southwestern Alberta.

"It doesn't take much," he says. "You take a couple weeks of windy hot weather on your crop, and you're in trouble."

The El Nino weather pattern that caused drought conditions across the Prairies last year also made for a dry winter, and the trend is looking to continue this summer, says Environment Canada meteorologist Brian Proctor.

"It's likely going to be exacerbating the problem as opposed to helping the moisture deficit issues."

THE CANADIAN PRESS

MARKETS

National Bank buys big share

National Bank of Canada has paid US\$103 million to increase its ownership in a Cambodian bank to 90 per cent.

The Montreal-based company (TSX:NA) had previously owned 42 per cent of ABA Bank, or Advanced Bank of Asia.

It estimates that ABA Bank will add 17 cents to its diluted earnings per share for its 2016 financial year, which ends Oct. 31.

That includes a gain of 12 cents per share from a re-valuation of its earlier investments in ABA Bank.

ABA bank has 1,300 employees and 35 branches that manage US\$925 million in assets for individual and business clients. THE CANADIAN PRESS

\$103M

The amount paid by National Bank of Canada to acquire a larger ownership share of Advanced Bank of Asia.

Pay with debit. Earn cash. It's that simple.

Earn up to
\$600
cash back in
the first year.



Get the only cash back debit card in Canada.

Open a new Scotiabank Momentum Chequing Account and earn double the cash back on all of your debit purchases until July 31, 2016 — up to \$600 in the first year.

www.scotiabank.com/momentumchequing

You're richer than you think.

Scotiabank

*Registered trademarks of The Bank of Nova Scotia. TM Trademark of The Bank of Nova Scotia. Interac and Interac Flash are trademarks of Interac Inc. used under license. The standard cash back is 1% on all debit purchases, subject to the account terms. In order to qualify for the additional 1% cash back bonus ("Bonus"), you must open a Scotiabank Momentum Chequing Account (an "Eligible Account") between March 21, 2016 and June 30, 2016. Employees of Scotiabank and individuals who are/were previously holders or joint holders of an Eligible Account, Scotia® Moneyback™ Account, Scotia One™ Account, Basic Banking Account, Basic Banking Plan, or Scotia Value™ Account, are not eligible. Maximum one offer per customer. After July 31, 2016, only the standard cash back of 1% will apply to a maximum of \$300 in 2016. The Bonus cannot exceed \$300. To receive any cash back, the new Eligible Account must remain open and in good standing throughout November 2016 which means that it has not been in continuous overdraft with or without Overdraft Protection for a period of three consecutive months. This offer cannot be duplicated or combined with any other offer. Scotiabank may withdraw or change this offer at any time without notice.

ROSEMARY WESTWOOD ON THOSE WHO LOST EVERYTHING

Anyone watching Fort McMurray would have wondered: 'What would I take? What would I leave?' 'It's just stuff,' you might have told yourself. But that is not true.

The mass exodus from Fort McMurray last week was marked, in part, by tales of things.

What was hastily, even comically (in retrospect) gathered: clothing and a large clock; the stuffed bear head lifted from its place on the wall; half a blender and a watermelon; cheese slices and snow pants.

Then, what was left behind: "It's not fair," one woman, who had been living at a campsite before it was consumed by flames, told the CBC. "They didn't even let us take our things. We lost everything now."

It wasn't a euphemism. Speaking to a camera crew while the fire raged behind her, distressed and in tears, she had only the clothes in which she stood.

Anyone listening the radio the day after that hectic evacuation would have wondered: "What would I take? What would I leave?"

"It's just stuff," you might have told yourself, looking around at the jumble of items that articulate that most private landscape: the home.

But that is not true.

Yesterday, Alberta Premier Rachel Notley visited the scorched town to survey damage, reporters in tow. The visit will inform plans for residents' return. Swept out in a frenzy, people will soon begin to flow back into Fort McMurray. There will be something to return to: Hospitals, schools and the airport

You are what you own, and what could be more terrifying than losing it all?

survived the blaze, as did many homes. But much will have changed, and much will be gone forever. Even neighbourhoods could be unrecog-

nizable.

"You walk into these areas and you could have lived there all your life and you're completely disoriented," Ron Mattiussi, a Kelowna resident during that city's 2003 fire, told the CBC of the aftermath there. "All the landmarks are gone."

This idea, of a lost home, has preoccupied me since the crisis began.

"What is a home," a friend mused over the weekend, "if not the museum of your life?"

That has probably always been true, but perhaps never more so than now, when it can feel as though we live to consume. (You could argue we are consumers, then taxpayers, then a nationality, and then, perhaps, a gender, a race, an urban identity, a community member.)

Sex in the City's Carrie Bradshaw once snarked that shopping was her cardio. Just think



Rana Bokhari's wisest political move ever: Stepping down

INSIDE THE PERIMETER

Shannon
VanRaes



Rana Bokhari has made her first wise political move since becoming leader of the Manitoba Liberal Party — she is stepping down.

When elected by a slim majority in October 2013 there was cautious optimism, but it quickly evaporated.

Within weeks, bitter infighting became apparent as sore losers publicly licked their wounds and internal power struggles spilled onto newsprint and TV screens. Then the new leader seemed to slip out of public view for more than a year, before emerging with a grab-bag of promises, culminating in a fiscal plan that didn't include the cost of the party's own election promises and which Bokhari herself seemed unfamiliar with.

Then there were the times the Liberal leader lashed out at journalists and attempted to restrict access to reporters she believed to be her allies. Not to mention her callous decision to send lawyers after a residential school survivor, rather than sit down with him. Publicly, Bokhari failed to connect with people, she failed to win voters to the Liberal cause despite the party's federal popularity and ultimately she failed to win even her own seat.

Rather than lose gracefully, she refused to make a concession speech on election night.

These are not rookie mistakes, these are the indications that an individual is wholly unsuited to hold public office.

But then again, not all the weight can be laid on Bokha-

ri's shoulders. Many people who are entirely unsuitable for public office have had long political careers thanks to the backing of their respective political parties. Bokhari did not have that luxury. Instead she was dogged by naysayers and detractors right up to election day, with her campaign manager Mike Brown even sending out an email plea for candidates to refrain from speaking negatively about her.

Not to mention the lack of vetting that saw some Liberal candidates either bow out or be deemed ineligible to run after they launched their campaigns. The result was embarrassment and an incomplete slate of candidates.

With three seats, the Liberals' fortunes have improved marginally, but what's next remains uncertain.

An acrimonious leadership race in the coming months could easily relegate the party to yet another decade of obscurity and infighting. And while there is a great deal of leadership potential in the Cindy Lamoureux, who now represents Burrows, and Judy Klassen, who unseated Eric Robinson in Kewatinook. Either one would need the support of a unified party behind them for the party to succeed.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Thanks to the bite of a radioactive spider, she no longer needs to sleep. She can be reached on Twitter @ShannonVanRaes.

Metro POLL

What would you take?

If you had to flee your home in a fire and had just five minutes to pack, what would you bring?

- 16% Family pet
- 15% Documents (i.e. passport)
- 15% Money
- 14% Smartphone/computer/tablet
- 10% Clothing
- 8% Family mementos
- 8% Food
- 6% First aid kit
- 5% Jewelry/valuables
- 3% Other

A change of clothes, basic toiletries, first aid and copies of documents.

We keep 'go' bags ready at all times.

My daughter and dog first. Anything else can be replaced.

In a fire, everyone should have a designated object to grab.

visit metronews.ca
HAVE YOUR SAY



metr

Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shroud

MANAGING EDITOR WINNIPEG
Elisha Dacey

ADVERTISER INQUIRIES
adinfowinnipeg@metronews.ca
General phone 204-943-9300

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan



Philosopher cat now at
www.mymetrostore.ca

How to train like a hockey star

FITNESS TRAINING

Former NHL player on goals, gains, and new lifestyles

It's been seven years since Gary Roberts played in the NHL. But in a gym, the sturdy 49-year-old high-performance trainer and lifestyle coach still looks like he could skate faster and score more goals than, well, any average person.

But Roberts is hardly average. Forced to quit hockey for a year in 1996 after a serious neck injury, he endured two surgeries and intense reconditioning — with a focus on fitness and nutrition — before returning to play 12 more seasons, including four years with the Toronto Maple Leafs.

These days, he operates the Gary Roberts High Performance Centre in Toronto, where he's trained the likes of NHL stars Connor McDavid, Steven Stamkos, Jordan Staal, Brett Connolly and Mike Smith through a blend of advanced training techniques, proper sports nutrition and recovery strategies.

We caught up with Roberts to chat about how he works



Ex-Toronto Maple Leaf and current pro athlete fitness trainer **Gary Roberts**, now 49, says training, refuelling, and recovery are all important elements of changing to a fitness-focused lifestyle. VINCE TALOTTA/TORONTO STAR

with the pros — and what the rest of us can learn from his advanced training techniques.

How did being an NHL player spark your passion for fitness?

I would say the biggest thing was my retirement. I retired at 30 years old with two serious neck injuries, and had to change my lifestyle in order to build my body back up where

it needed to be to have an opportunity to have a second chance to play.

Initially, that sparked my passion for fitness and nutrition. What I did at 30 to change my lifestyle is what gave me the extra 12 years I had in the NHL.

Did being a pro athlete shape how you train athletes now?

I think the big advantage I

have as a trainer — although I consider myself more of a lifestyle coach than a strength coach — is understanding the integration of all the elements you need to have success: the training, the refuelling, the recovering. All those things equal performance.

You've worked with players from the NHL, the American Hockey League, the Canadian

Hockey League — is there a common thread in how you're training all these guys?

They're in the same sport, so you've got a pretty good indication of what you need to do to give a player the best chance of success. But each player has an individualized program, both training and nutrition.

What Connor McDavid of the Edmonton Oilers does is

something different than what Steven Stamkos of the Tampa Bay Lightning does, because they're at different stages of their careers and development.

I think the thing for us is trying to find out those players' weaknesses and what we need to work on.

For those of us who aren't professional athletes, what can we do to stay motivated? It's important to set goals for yourself and it's important to recognize your needs and weaknesses and imbalances and fix those things first.

Nutrition is the most important part to anybody's fitness routine. If you're taking care of yourself and making healthier lifestyle choices, the training you do will be more successful because of how you're living your life.

Is there anything else we can learn from how the pros train?

Consistency in a routine and charting your progress. Even professional athletes like to see their gains. As a lawyer, or banker or firefighter, set your goals and have people help you with your needs and assessments — in the end it's about charting your progress.

TORSTAR NEWS SERVICE

metro

Tell us how you really feel.

Join our online reader panel and help make your Metro even better.
metronews.ca/panel

Job Ready in as Little as 5 Months!

Health Care Aides are in High Demand!!

New Classes starting NOW!

CALL TODAY

North: 77 Redwood Ave 204-582-9400
South: 297 St Mary's Rd 204-478-8884
academyoflearning.com

Academy OF LEARNING COLLEGE

Battling anorexia as an adult

Support lacking for those facing high mortality rates of chronic disorder

The dizzying combination of side effects hit Lisa Sheinfeld like clockwork.

Two hours after she'd taken her usual amount of laxatives on an autumn afternoon last year, the 42-year-old Thornhill, Ont., mother of three sat in a public washroom, sweaty and light-headed. The pain, she recalls, was more intense than being in labour. To cope with her overwhelming nausea, she curled her thin body into a ball on the floor with a sweater bunched under her arm. It was an awful, all-too-familiar feeling.

And she'd done it to herself.

For two decades, Sheinfeld has been coping with anorexia nervosa, a chronic and deadly eating disorder. Anorexia has a typical onset in the early teens, but the stereotype of young women hoping to shed a few pounds doesn't tell the full story.

Around 150,000 Canadians have or once had anorexia, according to data in a 2014 federal report. Other research shows around 20 per cent of people who develop anorexia in adolescence or young adulthood have a chronic course, typically living with the disorder for a decade or more.

Having an eating disorder throughout adulthood comes with distinct challenges, including few intensive treat-

ment options, lengthy wait times, high mortality rates and the strain of also juggling a family and career.

For Sheinfeld, the disorder started in her early 20s when she first tried using laxatives.

The initial feeling of a flat stomach was "amazing," Sheinfeld recalls, but soon her family started noticing her frequent bathroom trips and weight loss.

After being diagnosed, she tried therapy and attended a treatment program in Toronto. It was like a detox, she says, and only lasted around three weeks.

At 29, she married her husband Rob. With children on the horizon, Sheinfeld knew her body needed to be healthy: the laxatives would have to go.

For the next 10 years, the disorder seemed to be under control. Sheinfeld never used laxatives in the stretch when her three sons, now aged 9, 7 and 5, were conceived and born. But in April 2014, she says a "switch went off."

Sheinfeld bought a pack of drugstore laxatives — she can't recall why — and, in the back of her mind, she knew she was inviting a return.

"It happened very quickly. I knew all the secrets. I knew how to lie," she recalls.

Sheinfeld lost 30 pounds in less than a year.

HOW ANOREXIA AFFECTS THE BRAIN

- Even when intensive treatment programs are available, helping longtime anorexia sufferers is challenging, says CAMH's Dr. Allan Kaplan. "Once people lose weight, they change their brain chemistry," he says. "Their processing isn't normal."
- When people lose weight, they lose body tissue from every part of their body, including the brain.
- Kaplan's current research focuses on how anorexia impacts the brain's myelin, the fatty covering of "white matter" that delivers information to the "grey matter" centres controlling emotions and high-level thinking.



Lisa Sheinfeld, 42, has battled anorexia nervosa off-and-on for two decades. VINCE TALOTTA/TORSTAR NEWS SERVICE



It's like I'm on a merry-go-round and I just can't get off of it. I want to but I can't

Anorexia sufferer Lisa Sheinfeld

"It's like I'm on a merry-go-round and I just can't get off of it," Sheinfeld says. "I want to but I can't."

Dr. Allan Kaplan, a senior clinician-scientist with the Centre for Addiction and Mental Health (CAMH), compares anorexia to an addiction. A trigger like depression or anxiety will lead someone to start using drugs, he says, but the symptoms of withdrawal causes them to continue.

"Someone who is in cocaine withdrawal or heroin withdrawal can't will themselves to not be in withdrawal. It's the same with anorexia nervosa — someone can't will themselves to be in control," says Kaplan, who has spent 35 years studying the psychobiology of anorexia and bulimia.

And that cycle can be deadly. Among the side-effects of anorexia, studies show ongoing weight loss can lead to osteoporosis, fertility problems and atrophy of the brain, and the suicide mortality rate of people with anorexia is one of the highest of all psychiatric illnesses, according to studies cited by the American Association of Suicidology.

The National Eating Disorder Information Centre suggests an estimated 10 per cent of people with anorexia will die within 10 years of the disorder's onset — a stat that jumps to 50 per cent for those suffering a chronic course, either because of medical complications or by suicide, Kaplan says.

But for adult sufferers, finding suitable treatment is difficult. Sheinfeld says she's been

told her Body Mass Index is too low for certain treatment programs, while others have responded with months-long waiting lists.

"My hope is just to have a life," Sheinfeld says. "To have my life back."

The disorder affects how the brain communicates with the gut, says Dr. Angela Guarda, director of the Eating Disorders Program at the Johns Hopkins Hospital in Baltimore. People with anorexia feel full with less food, she says, and also have symptoms of a gastro-intestinal disorder, such as bloating, constipation and abdominal pain.

And while parents might be able to force a child into treatment, it's a different situation with a spouse.

Sheinfeld's husband can relate. Last fall, at a therapy session for families of people with eating disorders, Rob looked around the room — and all he saw were parents.

"If your child is under 18, you can put them in a hospital as a parent. You can take things away from them," he says. "How do you do that with a 42-year-old? Am I going to take her car away, say she can't go out with her girlfriends? I can't do that."

Myth vs. Fact

There are many myths surrounding anorexia. Here experts dispel some of the misinformation.

Myth: People with anorexia enjoy it

Reality: There's an assumption

that people with this eating disorder enjoy it, and that's why they continue living this way, says Stoney Creek-based psychotherapist Carly Crawford, who battled an eating disorder for around 10 years. But that's not the case. "The people I see are mentally exhausted, and so depleted of the energy to do the things they need to do to get well, so they stay sick," she says.

Myth: It's caused by models and the media

Reality: Modern research is revealing biological and genetic components to anorexia, even though it's often tied to the influence of skinny models and celebrities. "Yes, underweight models and the thin ideal promote dieting and disordered eating," says Dr. Angela Guarda, director of the Eating Disorders Program at the Johns Hopkins Hospital in Baltimore.

And while parents might be able to force a child into treatment, it's a different situation with a spouse.

Sheinfeld's husband can relate. Last fall, at a therapy session for families of people with eating disorders, Rob looked around the room — and all he saw were parents.

"If your child is under 18, you can put them in a hospital as a parent. You can take things away from them," he says. "How do you do that with a 42-year-old? Am I going to take her car away, say she can't go out with her girlfriends? I can't do that."

Myth: The disorder is a lifestyle choice

Reality: People often think anorexia is a lifestyle choice, like being a runner or going on a diet — but it's actually a dangerous psychological disorder beyond one's control. "A lifestyle choice is something we can choose to do or not to do. This is very different," says Dr. Guarda.

"People can not choose to not do what they did yesterday if they have anorexia," she adds.

TORSTAR NEWS SERVICE

PROGRESS

Mother leads national push for more research

Wendy Preskow founded the National Initiative for Eating Disorders in 2012 after witnessing her daughter's struggle to get adequate care. Her daughter Amy, 30, has been coping with anorexia and bulimia since she was 14.

She said long wait times for treatment programs often lead to stints in the hospital instead. In 2014 alone, Amy went to the hospital four times; in one instance, clinicians needed to give her an injection and couldn't figure out how to do it because of her gaunt frame.

Preskow is leading the national push for more research. In April, she met with MPs in Ottawa in hopes of moving forward on recommendations made in the 2014 eating-disorders report from the Standing Committee on the Status of Women

— such as creating a centralized data base of treatment programs, addressing long wait times and closing gaps in data collection about eating disorders.

"Eating disorders need to have the same recognition, funding, and research that every other physical disease gets," Preskow says.

TORSTAR NEWS SERVICE



Gently down the stream

YOGA

Boat Pose is a fun and easy way to engage your core

YuMee Chung
Torstar News Service

Want to test the seaworthiness of your boat pose? Why not take it out for a spin on the open water? Floating your boat introduces a fun cardiovascular challenge to a yoga classic.

Float your boat

1. Stand in the shallow end of a pool. Your feet should be able to comfortably reach the bottom. **2.** Keeping your head above water at all times, bring the legs up to create a V-shape with the body. Lift your chest, draw the lower back in and up, and squeeze your legs together. This is boat pose. **3.** Now power up your craft by breaking above the water's surface with your two feet, and sculling with your hands to row



Test the seaworthiness of your boat pose in 'open water.' CARLOS OSORIO/TORSTAR NEWS SERVICE

yourself backwards.

4. Go for distance or go for time — staying afloat as long as possible before you touch the feet down.

Once you've gone out for a few training runs, you can invite your friends to a boat pose regatta. This is a great one to do with kids of all ages.

Core Competency

Although boat pose is commonly thought to be an abdominal strengthener, the key muscles are actually your hip flexors,

mainly psoas major and iliacus.

If you feel a cramping in the front of your thighs in boat pose, you are likely relying on rectus femoris (part of the quadriceps muscle group) to help you hoist your legs.

As it turns out, rectus femoris isn't a very effective hip flexor due to its origin point low down on the pelvis — it really only gains its title as a hip flexor on a technicality.

When this muscle contracts in an attempt to flex the hip, its three other friends in the quadri-

ceps muscle group also contract, but they are not equipped to do the job.

The key to boat pose is learning how to recruit the best muscles to do the job and giving the accessory muscles a chance to kick back and enjoy the ride.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

EARLY DEVELOPMENT

Mothers may 'imprint' fetus for obesity: study

A new large-scale study published on Friday has shown that excess weight gain or high blood sugar levels during pregnancy increases the child's risk of being overweight or obese, even in normal-weight babies.

Previous studies have already shown that excess weight gain and high blood sugar during pregnancy increase the likelihood of a heavy birthweight baby who is then more likely to become obese as a child.

However until this new study, by the Kaiser Permanente Center for Health Research, there was little research into the effects that these risk factors could also have on normal birth weight babies, who are born at weights between 5.5 to 8.8 pounds. After looking

at the mothers during pregnancy and following the children from age 2 to 10, the team found that children of mothers who gained 40 pounds were 15 per cent more likely to be overweight or obese in the first ten years of life compared to children whose mothers gained less than 40 pounds.

Commenting on the results lead author Teresa Hillier explained, "When women have elevated blood sugar and gain excess weight during pregnancy, it seems to change the baby's metabolism to 'imprint' the baby for childhood obesity. We're not sure yet of the exact mechanism of this change, but it appears the baby is adapting to an overfed environment."

AFP

HEALTH BRIEFS

Sheryl Sandberg speaks out for single mothers

Facebook's No. 2 executive Sheryl Sandberg says she never realized how hard it is to be a single parent until her husband died a year ago. In a touching Mother's Day

weekend post on Facebook, Sandberg says the odds are stacked against single moms. She called on leaders to rethink public and corporate policies to better support single mothers.

THE ASSOCIATED PRESS

SPECIALTY BEERS ON TAP

GROWLER BAR

I CAME. I SAW. I REFILLED.

With specialty beers on rotating taps, the Growler Bar is more than just a station; it's a meeting place. Fill your Growler, come back and try something completely different. There is always something new going down at the Growler Bar.

VISIT LIQUORMARTS.CA TO SEE WHAT'S ON TAP.

AVAILABLE AT NINE CONVENIENT LOCATIONS:

- Sage Creek
- Fort Richmond
- Grant Park
- Kenaston Crossing
- St. Vital Square
- Northdale Shopping Centre
- Spring Meadow Square
- Brandon Victoria
- Steinbach

LIQUOR MART

Bearing witness for women everywhere

DOCUMENTARY

New series by Gloria Steinem explores global gender issues

For her latest project in pursuit of equality, Gloria Steinem is turning to television.

The feminist activist and author makes her debut Tuesday as producer and host of *Woman*, a documentary series on the Viceland network about gender-based violence and injustice around the world.

The series came out of a discussion with Vice Media chief Shane Smith. Steinem said:

When she told him how violence against women predicts and normalizes violence at all levels of society, he "responded in a very heartfelt way."

The result is eight short documentaries, all by young female journalists, each focused on an issue threatening women in a particular region of the world.

The first episode looks at the epidemic of rape as a tool and symptom of war in Congo, with more than 1.8 million victims over the last 20 years.

Future installments explore female guerrilla fighters in Colombia, child brides in Zambia, and the murder of indigenous women in Canada.

Steinem, 82, talked with The Associated Press about the show and how she stays hopeful after six decades of activism.

What did you say to Shane Smith that made him insist you do a show?

I was talking about violence against females in the world and the degree to which, first of all, it normalizes other violence. It tends to be what we see first in our families or in the streets.

It turns out to be the biggest indicator — more than poverty, more than degree of education, religion, access to natural resources, even degree of democracy — violence against females is the biggest indicator of whether a country will be violent in itself or be willing to use military violence against another country.

How did you decide what to focus on for these eight episodes?

We were clear that we wanted to include every continent. We didn't want to make it seem as though problems of violence were limited to one part of the world. We looked at what was most prevalent or important to the women's movements in that country.

The challenges facing some of the women you show are

upsetting, but you've said the series makes you feel less helpless. Why?

We have to know before we can act, and the very fact that this is allowing millions of people to have the experience of walking around and talking to people and listening is a step forward in itself.

We know from many forms of suffering that what is important first is a witness — people want to know that someone else knows what's happening, that they're not alone — and someone who listens to what is needed and tries to help.

What real, concrete changes have you seen in your fight for feminism?

We now know, deeply and in the majority, that the old discriminatory systems are crazy, we are not crazy.

We now know ... that the old discriminatory systems are crazy, we are not crazy

Gloria Steinem, on feminism

We now know that racism is not real, it's made up, it's cruel, it can be stopped. We know sexism is not inevitable. It's only about controlling reproduction and therefore controlling women.

If we have reproductive freedom, that is the ability to decide for ourselves when and whether to have children and what happens to our bodies, it can be reversed.

It's the understanding that it's not inevitable. I think that is crucial.

THE ASSOCIATED PRESS



Steinem will host and produce an eight-part documentary series on the **Viceland** network, called **Woman**, about the political impact of violence against women throughout the world. The series premieres Tuesday. THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Good Wife's seven-year switch



After seven seasons, CBS aired the series finale on May 8. HANDOUT

THE SHOW: *The Good Wife*, series finale (CBS/Global)
THE MOMENT: Will's advice

She's gotten her governor husband Peter (Chris Noth) a light sentence for his crimes, and plans to divorce him.

Now attorney Alicia Florrick (Julianna Margulies) stands alone in her apartment.

"What do I do now?" she asks the air.

The ghost of Will (Josh Charles), Alicia's true love, appears. "Go to him," Will says, referring to wolfish investigator Jason (Jeffrey Dean Morgan). "Do you really want to live here alone? It will drive you crazy."

"You're right," she says.

HUH? From the beginning, I loved *The Good Wife*. The characters' intelligence (and wardrobes) were exactly right, as were the ripped-from-the-headlines cases, and the amount of soap opera.

This season irritated me, though. Instead of being about Alicia, it was about the men

who define her. I get that the plot had to land her on that podium, where she could stand next to Peter as she did in episode 1 — but differently.

But that slap! Alicia's boss/mentor Diane (Christine Baranski) smacks her for betraying her, in the same hallway where Alicia slapped Peter in the pilot.

Suddenly, the whole ser-

ies is not about Alicia becoming independent. Suddenly it's about shaming her for attaining power.

The climax strands Alicia without friends or job because she became what she hated — about Peter. (Again, defining her in relation to him.) She now has to go out to the bad world and redefine herself

again. To me, show creators Robert and Michelle King's decision undermines their whole series. You were rooting for Alicia, it says — but you were wrong to. Yuck.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

MAD MAGAZINE

Alberta boy boasts comic claim to fame

A seven-year-old Medicine Hat, Alta. boy is enjoying his 15 minutes of fame after catching the attention of *Mad Magazine* due to his marked resemblance to Alfred E. Neuman.

With his red hair, freckles and missing front tooth Thomas Desjarlais was a dead ringer for the iconic face of the satiric magazine when his mom Carly posted a picture of him in April.

That led to an editor from *Mad* requesting an official photo of the boy, who goes by TJ.

The image is featured in the June, 2016 edition. The letters and tomatoes page features the gap-toothed photo of TJ.

"Carley Desjarlais of Medicine Hat, Alberta sent in this picture of her son TJ who recently lost his front tooth. We're willing to bet that whatever the Tooth Fairy brought him, it wasn't enough to make up for this kind of humiliation," says the caption.

"My mom is the one that told him I lost my front tooth and then the guy put me in here because I lost that front tooth."



TJ Desjarlais is a dead ringer for Alfred E. Neuman.

THE CANADIAN PRESS

the boy said proudly pointing at his picture in the magazine.

Rather than humiliation the *Mad Magazine* doppelganger seems to be enjoying the attention but was squirming during his interview especially when his mother tried to get him to use the Alfred E. Neuman catch-phrase "What — Me Worry?"

"Noooooo," he said adding his mom is the only person that tries to get him to say the phrase.

THE CANADIAN PRESS



Detroit SPORTS

Leicester manager Claudio Ranieri has been given an open offer from the Italian soccer federation to coach the national team at some point

Wildfire 1, collector 0

FORT MCMURRAY

Alberta disaster puts things in perspective for hobbyist

He saved precious hockey memorabilia from the flames, but one of Canada's biggest sports collectors says the Fort McMurray fire may have cost him his hobby.

"I don't know that collecting means as much to me anymore," said Shawn Chaulk, who was once referred to as the Wayne Gretzky of Wayne Gretzky collectors.

Chaulk's collection is prodigious. It includes dozens of game-worn jerseys and sticks, some worth up to \$20,000. He has more than 100 Gretzky sticks from one used in the 1978 world junior tournament to one used in Gretzky's last game with the New York Rangers in 1999.

The list includes gloves and helmets worn during Stanley Cup victories and regular-season games, as well as skates replete with scuffs and repairs.

The situation put a whole new meaning on the question: what would you take if your home were on fire?

As his wife and children threw clothes and toys into suitcases last Tuesday during Fort McMurray's evacuation, Chaulk was downstairs with an associate trying to figure that one out.

"I dumped my safe and took things like Gretzky rookie cards. I opened two hockey bags and



Shawn Chaulk poses with his collection of Wayne Gretzky memorabilia in Fort McMurray, Alta., in 2013. THE CANADIAN PRESS FILE

put them on the floor and said, 'Start filling 'em.'

"I was ripping jerseys out of display cases and off hangars at a speed I didn't know I could operate at — just throwing them at Mark and he was filling the hockey bags. We zipped up the two bags and that became it. What we had, we had."

The choices were tough.

"The No. 1 collectible I took out of there was Gretzky's '84 Canada Cup jersey worn in the cup-winning game. And his

I was ripping jerseys out of display cases and off hangars at a speed I didn't know I could operate at. Shawn Chaulk

stick."

Chaulk decided to focus on jerseys, including three Mark Messier Team Canada jerseys.

"They're liquid and we could need the money to rebuild."

Sports memorabilia wasn't all that made the cut. His son's first

skates and his daughter's first Oilers slippers went in the bag.

Eventually, the family left with about 50 jerseys and four Gretzky sticks Chaulk has willed to his children. They drained fuel from their lawnmower to get as much gas in the car as possible

and fled north.

Chaulk said their home appears to have escaped the flames.

The family will rebuild and move on, but Chaulk's not so sure about the hobby he once loved.

"I'm not sure if I'm in the same frame of mind. Maybe I'm wrong. Maybe I'm just emotional. I don't know if I need to even focus on that anymore."

"Every hour that I put into collecting I take away from my family." THE CANADIAN PRESS

HOCKEY

Canada rolls over Belarus

Matt Duchene says opponents always bring their best when they face Canada at the world hockey championship.

So far the defending champions have been able to respond to the challenge, even if it takes them a while to get going.

Buffalo Sabres forward Ryan O'Reilly scored twice Monday as Canada improved to 3-0 at this year's championship with an 8-0 rout of Belarus.

Preliminary round

8 **0**
CANADA BELARUS

Playing their third game in four days, the Canadians followed a similar pattern to previous wins over the U.S. and Hungary. Canada allowed Belarus to keep the score close through 20 minutes before breaking the game open with four second-period goals.

"The kid yesterday on Hungary that scored picked up the puck," said Duchene, who had a goal and two assists against Belarus and is tied for the team lead with five points. "That kind of tells you what it means to score against us and what it means to play against us. So we're going to get everybody's top game right off the bat and it's all about just staying patient, weathering the storm, and then once we get one or two, we're going from there."

THE CANADIAN PRESS

CFL DRAFT

Riders entertaining offers for top pick

Chris Jones has a decision to make.

The Saskatchewan Roughriders' head coach/GM said Monday he's fielded numerous offers for the top pick in Tuesday night's CFL draft. The Riders have the first selection after last season's league-worst 3-15 record.

Usually the first selection would be coveted by a GM like Jones, hired this off-season to rebuild the Riders after leading Edmonton to last year's Grey Cup as its head coach. The draft pool features many top offensive

linemen but no consensus No. 1 player, making it tough for Jones to reap the rewards of a bidding war for the pick.

"We're still in the process of fielding phone calls from numerous teams in the league to determine exactly what our course of action will be," Jones said. "We're going to look at the best offer and then we'll make the right decision for us."

Montreal goes second, followed by B.C., Toronto, Hamilton, Calgary, Ottawa and Edmonton in the first round. Winnipeg opens the second round at No. 9, forfeiting its first-round selection — which would've been second overall — to take Dartmouth linebacker/defensive back Garrett Waggoner in last year's sup-

plemental draft.

This year's CFL draft goes eight rounds, up from seven last year.

Oklahoma tackle Josiah St. John is the top available prospect, ranked fifth by the CFL's central scouting bureau. Other highly regarded offensive linemen include the Laval trio of Charles Vaillancourt (ranked sixth), Philippe Gagnon (No. 9) and Jason Lauzon-Seguin (No. 17), Buffalo's Dillon Guy (No. 14) and Simon Fraser's Michael Couture (No. 16).

THE CANADIAN PRESS



Roughriders head coach/GM Chris Jones says the team "is still in the process fielding phone calls from numerous teams." THE CANADIAN PRESS FILE

TAKEN

Manitoba defensive lineman David Onyemata is the draft's top-ranked prospect but was a fourth-round pick by New Orleans in last month's NFL draft.

Time not necessarily on Valanciunas' side

RAPTORS TAKE ON THE HEAT

Jonas Valanciunas hobbled around in a walking cast Monday morning, appearing like he won't be back playing any time soon.

The Toronto Raptors centre was ruled out for the rest of the Eastern Conference semifinals with a sprained right ankle, but whether he's done for the season is unclear.

"We're just going to see what's happening," Valanciunas said at Monday morning's shootaround. "It's already got a little bit better overnight. The plan is ice, keeping it high and resting. You do this and see what happens."

The seven-foot centre from Lithuania has been huge for the Raptors in the post-season, averaging 15 points, 12.1 rebounds

and 1.4 blocks. Through three games against the Miami Heat, he averaged 18.3 points and 12.7 boards, and he already had 16 points and 12 rebounds when he injured his ankle in Saturday's Game 3.

The Raptors took a 2-1 series lead into Monday night's Game 4 in Miami. The series shifts back to Toronto for Game 5 on Wednesday.

Valanciunas spoke with reporters on Monday morning, scoffing at a chair the Raptors media relations staff had set out for him.

"I can stand," he said, pushing the chair out of the way.

He said the pain's not too bad, "but (playing with the injury) can affect the future so we're treating, doing everything to get better, to heal and we'll see day by day."

THE CANADIAN PRESS

It's tough because I was enjoying playing basketball.

Jonas Valanciunas

IN BRIEF

Murray ends experiment with coach Mauresmo

Andy Murray split with coach Amelie Mauresmo on Monday, ending a groundbreaking two-year relationship during which the British star improved as a clay-court player but failed to add Grand Slam titles.

Murray became the first high-profile men's tennis player to hire a woman as a coach when he brought Mauresmo on board in June 2014.

THE ASSOCIATED PRESS

Nats need more from No. 4

Dusty Baker is sticking with Ryan Zimmerman as the Washington Nationals' cleanup hitter, right behind Bryce Harper in the order — at least, as the manager put it Monday, "for now."

A day after Harper walked six times and Zimmerman failed to make the Cubs regret it by going 1 for 7, Baker kept the order the same: reigning NL MVP Harper at No. 3, Zimmerman at No. 4 and Daniel Murphy, whose average is nearly .400, at 5. THE ASSOCIATED PRESS

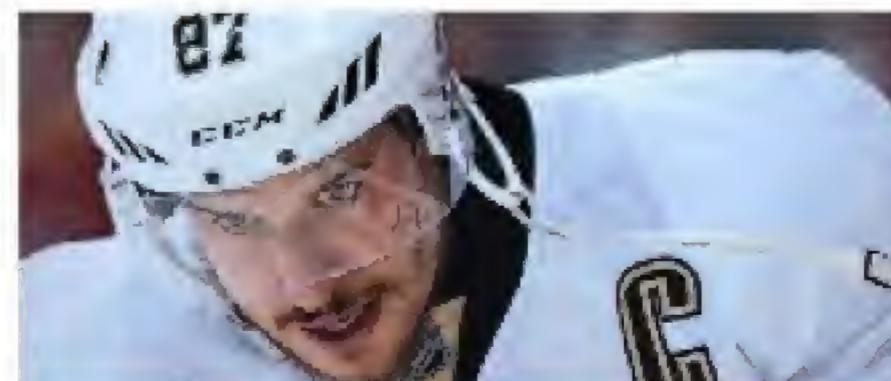


NHL PLAYOFFS STARS COMING OUT FIRING IN GAME 6 Dallas Stars forward Vernon Fiddler scores past Blues goalie Brian Elliott while being covered by Kevin Shattenkirk during the first period of Game 6 of the second-round series on Monday in St. Louis. The Stars also got an early goal from Mattias Janmark and a power-play marker from Jason Spezza to go up 3-0 after the first frame in their bid to stay alive in the best-of-seven series. Go to metrone.ca for coverage of Monday night's games. JEFF ROBERSON/THE ASSOCIATED PRESS

Walls closing in on Crosby in Round 2

GAME 6 PREVIEW

Washington effective so far in keeping Pens pivot quiet



Sidney Crosby's Penguins can book their ticket to the Eastern Conference final as soon as Tuesday. PATRICK SMITH/GETTY IMAGES

Sidney Crosby hovered in the left circle, waited for the pass from assistant coach Rick Tocchet before firing a laser into the far corner of the empty net.

Then the Penguins captain did it again. And again. And again, once rifling the puck with so much velocity it became lodged between the twine, a reminder that Crosby's shot — when fully unleashed — remains one of the NHL's best. The trick is finding the time, the room — and just as important, the initiative — to let it loose during a game.

It's not happening with any great regularity for Crosby during his team's hotly contested Eastern Conference semifinal

against Washington. Through fifteen-plus periods and 133 shifts, Crosby has only 11 shots and none of them has found a way past Capitals goaltender Braden Holtby.

And while Pittsburgh's depth has helped carry the Penguins to a 3-2 lead over the Presidents' Trophy winners heading into Tuesday night's Game 6, Crosby is well aware it will take more than the two assists he's put up for the Penguins to advance to the East finals and face Tampa Bay.

"You definitely want to score more," Crosby said Monday. "I think you always want more but I think we've generated some decent chances. We've still got to find a way to produce more, whether it's generate chances or execute when we do get them. I would say that's how we view it. I think we can get better."

It's not that Crosby has been ineffective. His mere presence is enough to open up opportunities for teammates. Patric Hornqvist buried the overtime

winner in Game 4 thanks in large part to Holtby being so focused on Crosby parked in front of the net the goaltender couldn't make it across the crease in time to stop the shot from the right circle.

Yet neither Crosby nor Evgeni Malkin — who has a goal and an assist in the series — has been able to match the dynamic play of Washington's Alexander Ovechkin, who set the tone early in Game 5 and scored a goal and an assist for the second time in three games as the Capitals fought off elimination.

Still, Pittsburgh coach Mike Sullivan is quick to defend the tandem that generates relentless defensive attention from opponents.

"These guys have had an impact on the game," Sullivan said. "They may not have had the production everybody grows accustomed to but they certainly have made an impact on the series."

THE ASSOCIATED PRESS

join 24-7 INTOUCH
CONTACT CENTERS

Need extra cash for Summer?

24-7 Intouch is HIRING Customer Service Representatives! FR/EN bilingual a major plus! We offer FT and PT, competitive wages, and career growth. If you have a great attitude and excellent communications skills, this is the perfect opportunity!

Apply: Join24-7Intouch.com

RECIPE Asian Chicken Salad



PHOTO: MAYA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

This fresh and crunchy salad is satisfying enough to serve for dinner but also makes a portable lunch so let's just make life easy and double this recipe now.

Ready in

Prep time: 20 minutes
Cook time: 10 minutes

Ingredients

- 2 chicken breasts
- 1/4 - 1/2 head of purple cabbage, thinly sliced
- 1/4 - 1/2 head of green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

chopped (optional)

Directions

1. Fill a skillet with water and season the water with salt and pepper and bring it to a simmer. Place the chicken breasts in the water and cook them for 10 to 12 minutes, depending on how thick the breasts are. Remove the meat from the skillet and place on a clean plate. Use two forks to shred the chicken.

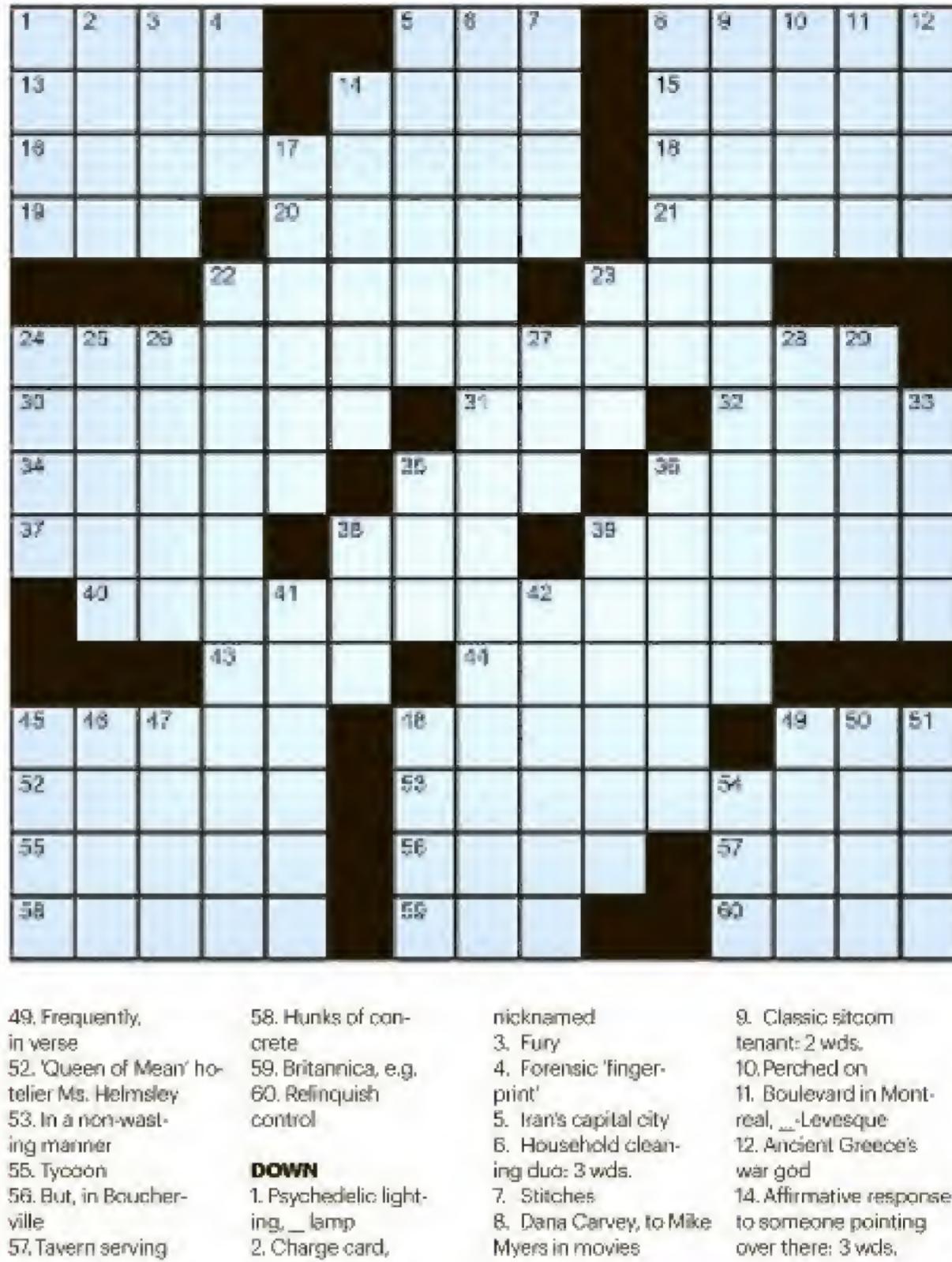
2. In a small bowl, whisk together the dressing ingredients.

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Cooking fat
5. "Dancing with the Stars" host ...his initials-sharers
8. Canadian Olympian Ms. Hughes
13. "Walk Like ___" by The Four Seasons
14. 'Prem' suffix (Movie's first showing)
15. ___ space (Starry locale)
16. Celine Dion at Caesars Palace, e.g.: 2 wds.
18. Tea party treat
19. Tree-chopping tool
20. Bubbly bars
21. Communicates via clickety-clacks
22. Cook, as broccoli
23. Damage
24. Current superhero movie for Canadian actress Emily VanCamp, "___: Civil War" (2016)
30. Away, archaically
31. "Ready or ___!"
32. Ring up
34. Minerals in multivitamins
35. Docs
36. Twin-crystal
37. Director Mr. Keshishian
38. Tender
39. Livestock identification: 2 wds.
40. Exterior housing feature: 2 wds.
43. Bit of butter
44. ___ vooe (Softly)
45. Good at crafts
48. Sailor's away-from-home status: 2 wds.
49. Frequently, in verse
50. Hunks of concrete
52. 'Queen of Mean' hotelier Ms. Helmsley
53. In a non-waiting manner
55. Tycoon
56. But, in Boucherville
57. Tavern serving
58. Frequently, in verse
59. Britannica, e.g.
60. Relinquish control
63. In a non-waiting manner
64. Psychedelic lighting, ___ lamp
65. Charge card
66. Hunk of concrete
67. Fury
68. Perched on
69. Boulevard in Montreal, ___-Levesque
70. Household cleaning duo: 3 wds.
71. Stitches
72. Dana Carvey, to Mike Myers in movies
73. Classic sitcom tenant: 2 wds.
74. Perched on
75. Boulevard in Montreal, ___-Levesque
76. Household cleaning duo: 3 wds.
77. Stitches
78. Dana Carvey, to Mike Myers in movies
79. Classic sitcom tenant: 2 wds.
80. Perched on
81. Boulevard in Montreal, ___-Levesque
82. Household cleaning duo: 3 wds.
83. Stitches
84. Dana Carvey, to Mike Myers in movies
85. Classic sitcom tenant: 2 wds.
86. Perched on
87. Boulevard in Montreal, ___-Levesque
88. Household cleaning duo: 3 wds.
89. Stitches
90. Dana Carvey, to Mike Myers in movies
91. Classic sitcom tenant: 2 wds.
92. Perched on
93. Boulevard in Montreal, ___-Levesque
94. Household cleaning duo: 3 wds.
95. Stitches
96. Dana Carvey, to Mike Myers in movies
97. Classic sitcom tenant: 2 wds.
98. Perched on
99. Boulevard in Montreal, ___-Levesque
100. Household cleaning duo: 3 wds.
101. Stitches
102. Dana Carvey, to Mike Myers in movies
103. Classic sitcom tenant: 2 wds.
104. Perched on
105. Boulevard in Montreal, ___-Levesque
106. Household cleaning duo: 3 wds.
107. Stitches
108. Dana Carvey, to Mike Myers in movies
109. Classic sitcom tenant: 2 wds.
110. Perched on
111. Boulevard in Montreal, ___-Levesque
112. Household cleaning duo: 3 wds.
113. Stitches
114. Dana Carvey, to Mike Myers in movies
115. Classic sitcom tenant: 2 wds.
116. Perched on
117. Boulevard in Montreal, ___-Levesque
118. Household cleaning duo: 3 wds.
119. Stitches
120. Dana Carvey, to Mike Myers in movies
121. Classic sitcom tenant: 2 wds.
122. Perched on
123. Boulevard in Montreal, ___-Levesque
124. Household cleaning duo: 3 wds.
125. Stitches
126. Dana Carvey, to Mike Myers in movies
127. Classic sitcom tenant: 2 wds.
128. Perched on
129. Boulevard in Montreal, ___-Levesque
130. Household cleaning duo: 3 wds.
131. Stitches
132. Dana Carvey, to Mike Myers in movies
133. Classic sitcom tenant: 2 wds.
134. Perched on
135. Boulevard in Montreal, ___-Levesque
136. Household cleaning duo: 3 wds.
137. Stitches
138. Dana Carvey, to Mike Myers in movies
139. Classic sitcom tenant: 2 wds.
140. Perched on
141. Boulevard in Montreal, ___-Levesque
142. Household cleaning duo: 3 wds.
143. Stitches
144. Dana Carvey, to Mike Myers in movies
145. Classic sitcom tenant: 2 wds.
146. Perched on
147. Boulevard in Montreal, ___-Levesque
148. Household cleaning duo: 3 wds.
149. Stitches
150. Dana Carvey, to Mike Myers in movies
151. Classic sitcom tenant: 2 wds.
152. Perched on
153. Boulevard in Montreal, ___-Levesque
154. Household cleaning duo: 3 wds.
155. Stitches
156. Dana Carvey, to Mike Myers in movies
157. Classic sitcom tenant: 2 wds.
158. Perched on
159. Boulevard in Montreal, ___-Levesque
160. Household cleaning duo: 3 wds.
161. Stitches
162. Dana Carvey, to Mike Myers in movies
163. Classic sitcom tenant: 2 wds.
164. Perched on
165. Boulevard in Montreal, ___-Levesque
166. Household cleaning duo: 3 wds.
167. Stitches
168. Dana Carvey, to Mike Myers in movies
169. Classic sitcom tenant: 2 wds.
170. Perched on
171. Boulevard in Montreal, ___-Levesque
172. Household cleaning duo: 3 wds.
173. Stitches
174. Dana Carvey, to Mike Myers in movies
175. Classic sitcom tenant: 2 wds.
176. Perched on
177. Boulevard in Montreal, ___-Levesque
178. Household cleaning duo: 3 wds.
179. Stitches
180. Dana Carvey, to Mike Myers in movies
181. Classic sitcom tenant: 2 wds.
182. Perched on
183. Boulevard in Montreal, ___-Levesque
184. Household cleaning duo: 3 wds.
185. Stitches
186. Dana Carvey, to Mike Myers in movies
187. Classic sitcom tenant: 2 wds.
188. Perched on
189. Boulevard in Montreal, ___-Levesque
190. Household cleaning duo: 3 wds.
191. Stitches
192. Dana Carvey, to Mike Myers in movies
193. Classic sitcom tenant: 2 wds.
194. Perched on
195. Boulevard in Montreal, ___-Levesque
196. Household cleaning duo: 3 wds.
197. Stitches
198. Dana Carvey, to Mike Myers in movies
199. Classic sitcom tenant: 2 wds.
200. Perched on
201. Boulevard in Montreal, ___-Levesque
202. Household cleaning duo: 3 wds.
203. Stitches
204. Dana Carvey, to Mike Myers in movies
205. Classic sitcom tenant: 2 wds.
206. Perched on
207. Boulevard in Montreal, ___-Levesque
208. Household cleaning duo: 3 wds.
209. Stitches
210. Dana Carvey, to Mike Myers in movies
211. Classic sitcom tenant: 2 wds.
212. Perched on
213. Boulevard in Montreal, ___-Levesque
214. Household cleaning duo: 3 wds.
215. Stitches
216. Dana Carvey, to Mike Myers in movies
217. Classic sitcom tenant: 2 wds.
218. Perched on
219. Boulevard in Montreal, ___-Levesque
220. Household cleaning duo: 3 wds.
221. Stitches
222. Dana Carvey, to Mike Myers in movies
223. Classic sitcom tenant: 2 wds.
224. Perched on
225. Boulevard in Montreal, ___-Levesque
226. Household cleaning duo: 3 wds.
227. Stitches
228. Dana Carvey, to Mike Myers in movies
229. Classic sitcom tenant: 2 wds.
230. Perched on
231. Boulevard in Montreal, ___-Levesque
232. Household cleaning duo: 3 wds.
233. Stitches
234. Dana Carvey, to Mike Myers in movies
235. Classic sitcom tenant: 2 wds.
236. Perched on
237. Boulevard in Montreal, ___-Levesque
238. Household cleaning duo: 3 wds.
239. Stitches
240. Dana Carvey, to Mike Myers in movies
241. Classic sitcom tenant: 2 wds.
242. Perched on
243. Boulevard in Montreal, ___-Levesque
244. Household cleaning duo: 3 wds.
245. Stitches
246. Dana Carvey, to Mike Myers in movies
247. Classic sitcom tenant: 2 wds.
248. Perched on
249. Boulevard in Montreal, ___-Levesque
250. Household cleaning duo: 3 wds.
251. Stitches
252. Dana Carvey, to Mike Myers in movies
253. Classic sitcom tenant: 2 wds.
254. Perched on
255. Boulevard in Montreal, ___-Levesque
256. Household cleaning duo: 3 wds.
257. Stitches
258. Dana Carvey, to Mike Myers in movies
259. Classic sitcom tenant: 2 wds.
260. Perched on
261. Boulevard in Montreal, ___-Levesque
262. Household cleaning duo: 3 wds.
263. Stitches
264. Dana Carvey, to Mike Myers in movies
265. Classic sitcom tenant: 2 wds.
266. Perched on
267. Boulevard in Montreal, ___-Levesque
268. Household cleaning duo: 3 wds.
269. Stitches
270. Dana Carvey, to Mike Myers in movies
271. Classic sitcom tenant: 2 wds.
272. Perched on
273. Boulevard in Montreal, ___-Levesque
274. Household cleaning duo: 3 wds.
275. Stitches
276. Dana Carvey, to Mike Myers in movies
277. Classic sitcom tenant: 2 wds.
278. Perched on
279. Boulevard in Montreal, ___-Levesque
280. Household cleaning duo: 3 wds.
281. Stitches
282. Dana Carvey, to Mike Myers in movies
283. Classic sitcom tenant: 2 wds.
284. Perched on
285. Boulevard in Montreal, ___-Levesque
286. Household cleaning duo: 3 wds.
287. Stitches
288. Dana Carvey, to Mike Myers in movies
289. Classic sitcom tenant: 2 wds.
290. Perched on
291. Boulevard in Montreal, ___-Levesque
292. Household cleaning duo: 3 wds.
293. Stitches
294. Dana Carvey, to Mike Myers in movies
295. Classic sitcom tenant: 2 wds.
296. Perched on
297. Boulevard in Montreal, ___-Levesque
298. Household cleaning duo: 3 wds.
299. Stitches
300. Dana Carvey, to Mike Myers in movies
301. Classic sitcom tenant: 2 wds.
302. Perched on
303. Boulevard in Montreal, ___-Levesque
304. Household cleaning duo: 3 wds.
305. Stitches
306. Dana Carvey, to Mike Myers in movies
307. Classic sitcom tenant: 2 wds.
308. Perched on
309. Boulevard in Montreal, ___-Levesque
310. Household cleaning duo: 3 wds.
311. Stitches
312. Dana Carvey, to Mike Myers in movies
313. Classic sitcom tenant: 2 wds.
314. Perched on
315. Boulevard in Montreal, ___-Levesque
316. Household cleaning duo: 3 wds.
317. Stitches
318. Dana Carvey, to Mike Myers in movies
319. Classic sitcom tenant: 2 wds.
320. Perched on
321. Boulevard in Montreal, ___-Levesque
322. Household cleaning duo: 3 wds.
323. Stitches
324. Dana Carvey, to Mike Myers in movies
325. Classic sitcom tenant: 2 wds.
326. Perched on
327. Boulevard in Montreal, ___-Levesque
328. Household cleaning duo: 3 wds.
329. Stitches
330. Dana Carvey, to Mike Myers in movies
331. Classic sitcom tenant: 2 wds.
332. Perched on
333. Boulevard in Montreal, ___-Levesque
334. Household cleaning duo: 3 wds.
335. Stitches
336. Dana Carvey, to Mike Myers in movies
337. Classic sitcom tenant: 2 wds.
338. Perched on
339. Boulevard in Montreal, ___-Levesque
340. Household cleaning duo: 3 wds.
341. Stitches
342. Dana Carvey, to Mike Myers in movies
343. Classic sitcom tenant: 2 wds.
344. Perched on
345. Boulevard in Montreal, ___-Levesque
346. Household cleaning duo: 3 wds.
347. Stitches
348. Dana Carvey, to Mike Myers in movies
349. Classic sitcom tenant: 2 wds.
350. Perched on
351. Boulevard in Montreal, ___-Levesque
352. Household cleaning duo: 3 wds.
353. Stitches
354. Dana Carvey, to Mike Myers in movies
355. Classic sitcom tenant: 2 wds.
356. Perched on
357. Boulevard in Montreal, ___-Levesque
358. Household cleaning duo: 3 wds.
359. Stitches
360. Dana Carvey, to Mike Myers in movies
361. Classic sitcom tenant: 2 wds.
362. Perched on
363. Boulevard in Montreal, ___-Levesque
364. Household cleaning duo: 3 wds.
365. Stitches
366. Dana Carvey, to Mike Myers in movies
367. Classic sitcom tenant: 2 wds.
368. Perched on
369. Boulevard in Montreal, ___-Levesque
370. Household cleaning duo: 3 wds.
371. Stitches
372. Dana Carvey, to Mike Myers in movies
373. Classic sitcom tenant: 2 wds.
374. Perched on
375. Boulevard in Montreal, ___-Levesque
376. Household cleaning duo: 3 wds.
377. Stitches
378. Dana Carvey, to Mike Myers in movies
379. Classic sitcom tenant: 2 wds.
380. Perched on
381. Boulevard in Montreal, ___-Levesque
382. Household cleaning duo: 3 wds.
383. Stitches
384. Dana Carvey, to Mike Myers in movies
385. Classic sitcom tenant: 2 wds.
386. Perched on
387. Boulevard in Montreal, ___-Levesque
388. Household cleaning duo: 3 wds.
389. Stitches
390. Dana Carvey, to Mike Myers in movies
391. Classic sitcom tenant: 2 wds.
392. Perched on
393. Boulevard in Montreal, ___-Levesque
394. Household cleaning duo: 3 wds.
395. Stitches
396. Dana Carvey, to Mike Myers in movies
397. Classic sitcom tenant: 2 wds.
398. Perched on
399. Boulevard in Montreal, ___-Levesque
400. Household cleaning duo: 3 wds.
401. Stitches
402. Dana Carvey, to Mike Myers in movies
403. Classic sitcom tenant: 2 wds.
404. Perched on
405. Boulevard in Montreal, ___-Levesque
406. Household cleaning duo: 3 wds.
407. Stitches
408. Dana Carvey, to Mike Myers in movies
409. Classic sitcom tenant: 2 wds.
410. Perched on
411. Boulevard in Montreal, ___-Levesque
412. Household cleaning duo: 3 wds.
413. Stitches
414. Dana Carvey, to Mike Myers in movies
415. Classic sitcom tenant: 2 wds.
416. Perched on
417. Boulevard in Montreal, ___-Levesque
418. Household cleaning duo: 3 wds.
419. Stitches
420. Dana Carvey, to Mike Myers in movies
421. Classic sitcom tenant: 2 wds.
422. Perched on
423. Boulevard in Montreal, ___-Levesque
424. Household cleaning duo: 3 wds.
425. Stitches
426. Dana Carvey, to Mike Myers in movies
427. Classic sitcom tenant: 2 wds.
428. Perched on
429. Boulevard in Montreal, ___-Levesque
430. Household cleaning duo: 3 wds.
431. Stitches
432. Dana Carvey, to Mike Myers in movies
433. Classic sitcom tenant: 2 wds.
434. Perched on
435. Boulevard in Montreal, ___-Levesque
436. Household cleaning duo: 3 wds.
437. Stitches
438. Dana Carvey, to Mike Myers in movies
439. Classic sitcom tenant: 2 wds.
440. Perched on
441. Boulevard in Montreal, ___-Levesque
442. Household cleaning duo: 3 wds.
443. Stitches
444. Dana Carvey, to Mike Myers in movies
445. Classic sitcom tenant: 2 wds.
446. Perched on
447. Boulevard in Montreal, ___-Levesque
448. Household cleaning duo: 3 wds.
449. Stitches
450. Dana Carvey, to Mike Myers in movies
451. Classic sitcom tenant: 2 wds.
452. Perched on
453. Boulevard in Montreal, ___-Levesque
454. Household cleaning duo: 3 wds.
455. Stitches
456. Dana Carvey, to Mike Myers in movies
457. Classic sitcom tenant: 2 wds.
458. Perched on
459. Boulevard in Montreal, ___-Levesque
460. Household cleaning duo: 3 wds.
461. Stitches</li



THE UNIVERSITY OF
WINNIPEG

Professional, Applied and
Continuing Education

INVEST IN - YOUR - FUTURE

DAYTIME | EVENING | WEEKEND | ONLINE

Whether you're seeking to enroll in a diploma or certificate program, individual courses or seminars, PACE offers a range of flexible learning options to help you advance.

JAMIE WILLIAMSON
Associate Manager, Great-West Life



PACE.UWINNIPERG.CA